

HEALTHY BODY  HEALTHY MIND

women's fitness

**EASY 3-DAY
SLIM DOWN**

*YOUR PARTY SEASON
JUST GOT EASIER!*

*Lift your
butt!*

*Easy 10-min
workout*

REVEALED

*Secrets to
hotter sex...
tonight!*

**XMAS
GIFTS
SORTED!**

40 fab ideas

**Too busy to
work out?**

*Try these speedy
moves today*

**FLAT
TUMMY
FAST**

72 hours to flat!

9

**Instant
health
fixes**
*Every
woman
needs*

WOMENSFITNESS.CO.UK
ISSUE 148 | JANUARY 2016 | £3.80



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YOU'LL KEEP FOR YOURSELF
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#AGELESS

*Based on mass-market facial moisturiser and cleanser value sales for the past 12 months ending December 2014

Olay
AGELESS

JANUARY 2016

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- Leggings, £90, SukiShufu
- Boots, £55, Victoria
- Bag, £135, Pauls Boutique
- Fitness band, from £131.99, Huawei



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Every issue is packed with advice from our expert panel. Introducing this month's health and fitness gurus...



AMANDA HAMILTON is a nutritionist, author and TV health expert. **AMANDA HELPS YOU STAY LIVELY WITH HER ENERGY BOOSTING TIPS ON P92**



CAITLIN MCGOWAN is the group fitness manager at Equinox. **CAITLIN HELPS YOU SCULPT A BACKSIDE TO BE PROUD OF ON P29**



RICHARD TIDMARSH is the owner and lead trainer at Reach Fitness London. **RICHARD HELPS YOU PERFECT YOUR KETTLEBELL SWING ON P49**



ROCHELLE GILMORE is the Wiggle Honda cycling team owner and manager. **ROCHELLE TALKS ALL THINGS CYCLING ON P68**



AMANDA KHOURY is a qualified personal trainer, *WF's* fitness editor, wearer of warm hats and serious coffee lover. **AMANDA HELPS YOU SCULPT A GREAT BUTT ON P29**

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This month's cover

Photography: Simon Taylor
Make-up: Alisha Bailey
Model: Shane, motmodel.com
Styling: Joanna Knight, Ellie Moss
Clothing: Bra, £30, ilu ilufitwear.com; Leggings, £45, Asics, asics.co.uk; Jacket, £89.50, asos.com



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LUCY BEE
is the founder of Lucy Bee Organic Coconut Oil. LUCY SHARES HER INCREDIBLY DELICIOUS COCONUT-OIL-BASED RECIPES WITH US ON P106



LOUISE PYNE
is WF's features editor, a registered nutritionist and our resident herbal tea connoisseur. LOUISE GIVES YOU THE SUPER POWDER LOWDOWN ON P101



NICOLA SHUBROOK
is a nutritionist at Urban Wellness (urbanwellness.co.uk). NICOLA TELL US HOW PUMPKIN SEEDS COULD BOOST YOUR HEALTH ON P111

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Don't miss a single issue of WF!



If you can't always find *Women's Fitness* in store, help is at hand! Just complete this form and hand it in at your local store and they'll arrange for the latest issue to be reserved for you. Some stores may even be able to deliver the magazine to your home. Just ask! (Subject to availability)

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On the road prices for the Abarth 595 range start from £14,610. Official fuel consumption figures for Abarth range mpg (l/100km): Combined 47.1 (6.0) – 48.7 (5.8), Urban 35.8 (7.9) – 37.2 (7.6), Extra urban 57.7 (4.9) – 60.1 (4.7), CO₂ Emissions: 139–134 g/km. Fuel consumption and CO₂ figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Model shown is the Abarth 595 1.4 T-Jet 140 BHP at £15,540 OTR which includes Officina Red Paint at £0, 10 spoke 17" Alloy Wheels at £320 and Bi-Xenon headlights at £610. Abarth UK is a trading style of Fiat Chrysler Automobiles UK Ltd.

EDITORIAL

Editor JOANNA KNIGHT
joanna.knight@littleshackney.co.uk

Features Editor LOUISE PYNE
louise.pyne@littleshackney.co.uk

Deputy Editor ELLIE MOSS
ellie.moss@littleshackney.co.uk

Fitness Editor AMANDA KHOUV
amanda.khouv@littleshackney.co.uk

Junior Writer LISA NGUYEN
lisa.nguyen@littleshackney.co.uk

Sub-Editor LISA MORGAN
team@womensfitness.co.uk

Women's Fitness editorial,
Little Hackney Ltd, Unit 011,
Netil House, 1 Westgate Street,
London, E8 3RL
T/020 3095 9710

ART & PRODUCTION

Art Director NICOLA KERR
nicola.kerr@littleshackney.com

Production MICHAEL HILLS
michael_hills@dennis.co.uk

CONTRIBUTORS

Erica Bush, Kirsty Doolan, Rachel
Loosley, Vineeta Sathiamoorthy,
Marianne Seymour, Nicola Shubbrook,
Michaela Tuife, Lowri Turner, Fanni Williams

ADVERTISING

Managing Director
JULIAN LLOYD-EVANS

Advertising Director RICK ASIYANI
Rick_Asiyani@dennis.co.uk
T/020 7907 6713

Advertising Manager NIN VIRDI
nin_virdi@dennis.co.uk
T/020 7907 6581

Account Manager SARA SHAH
sara_shah@dennis.co.uk
T/020 7907 6707

Agency Account Director LISA JAY
Lisa_Jay@dennis.co.uk
T/020 7907 6765

Agency Account Manager CARLY ACTIVILLE
Carly_activille@dennis.co.uk
T/020 7907 6688

Regional Advertising Sales
THE MEDIA CONSULTANTS LTD
T/01423 569 553

MARKETING

Marketing Manager SAMANTHA PASHLEY
samantha_pashley@dennis.co.uk

Marketing Co-ordinator JAMES YOUNG
james_young@dennis.co.uk

SYNDICATION

Syndication Sales Manager
RYAN CHAMBERS
ryan_chambers@dennis.co.uk
T/+44 (0)207 907 6132

Licensing Manager CARLOTTA SERANTONI
carlotta_serantoni@dennis.co.uk
T/+44 (0)207 907 6550

Licensing & Syndication Assistant
NICOLE ADAMS
nicole_adams@dennis.co.uk
T/+44 (0)207 907 6134

MANAGEMENT

Group Publisher RUSSELL BLACKMAN
Publisher NICOLA BATES
News/Trade Director DAVID BARKER
Subscriptions Director LUCY DAVIS

SENIOR MANAGEMENT

Chief Financial Officer BRETT REYNOLDS
Group Finance Director IAN LEGGETT
Group Managing Director IAN WESTWOOD
Chief Executive Officer JAMES TYE
Company founder FELIX DENNIS

DISTRIBUTION

SEYMOUR DISTRIBUTION LIMITED,
2 East Poultry Avenue, London, EC1A 9PT
T/020 7429 4000

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from the editor

Joanna Knight



BEAT THE BUGS

Nix the sniffles to stay on top form



BEAUTY SOS

The products you'll thank us for!



FLAT-TUM, FAST!

The speedy workout you need this month

Whoop! It's party time! That's right, a whole month of festivities and fun. What's not to love?

Well, to be honest, all that socialising can lead to burn-out just in time for Christmas – and there's no fun in that! This month's mag is your indispensable guide to getting through the festive season and beyond in amazing health.

Turn to **page 88** to discover how to beat colds all winter long; **page 102** reveals the ultimate pocket-sized health boost every woman needs; plus, keep that fresh-faced look (whatever time you got home!) with our pick of hard-working beauty products from **page 95**.

And finally, if there's an LBD you just have to get into this month, turn to **page 55** for our 3-day LBD plan. Now, go forth and p.a.r.t.y!



WE LOVE!

SUPER POWDERED!

Little life-savers you'll love!



THE LBD PLAN

Look good, feel awesome!

Have your say

What we did this month

GOT PLANNING

We're setting 2016 goals with this Lorna Jane diary



WENT ON TOUR

Le Tour that is. Lisa joined the Wiggle Honda team at the finish line in Paris

WF readers say...

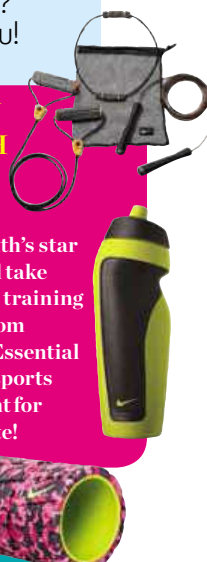
STAR COMMENT

Your feature 'Winter Lovin' reminded me how much I love running and that I shouldn't be deterred from running through the winter months. I usually stop around November and don't start up again until March or April, so I was grateful for all your tips for keeping safe on the road. There'll be no more cocooning myself away at the gym (or under the covers!) I love the outdoors and a little exposure to cold weather is not going to hurt me. Thank you for the motivational article.

Roxie Sumner

GET IN TOUCH AND WIN!

Next month's star letter will take home this training bundle from Oldrids. Essential pieces of sports equipment for any athlete!



CONTACT US...

● Email: team@womensfitness.co.uk

● Write to: Women's Fitness 'Have your say', Unit 011, Netil House, 1 Westgate St, London, E8 3RL

● Tweet: @WomensFitnessuk ● Facebook: facebook.com/womensfitnessmagazine

READY FOR THE ELEMENTS?



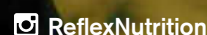
If you're an active individual, you might want to consider a multivitamin formulated to protect you against the changing seasons.

Nexgen[®] is a premium quality multivitamin that comes in capsule form for easier absorption.

With magnesium for a reduction of tiredness and fatigue, vitamin C for normal function of the immune system and vitamin B₆ for normal energy-yielding metabolism, it also contains a carefully selected spectrum of additional ingredients, helping to equip you for the coming months.

For more information, please visit Reflex-Nutrition.com

Also available at:



ESSENTIALS

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31 JANUARY

WINTER FUN

Take in London's top landmarks at the ace Cancer Research UK London Winter Run. Complete with snow cannons, a giant snow zone and hugs from polar bears, this 10K route promises to put the 'fun' in fundraising.

● winterrunseries.co.uk



→ DIARY DATES



The Frozen Devil

3 JANUARY

Love cycling? Why not try The Frozen Devil cycling event in Llanwrtyd Wells? A 45K single loop is your challenge, filled with open moorland trails, tracks in the Irfton Valley and a ride through the Crychan Forest. redkiteevents.co.uk



Winter Duathlon

23 JANUARY

Push yourself to the limit with the Windsor and Eton Winter Duathlon. Choose from a route with a 5K run, a 40K cycle, then a 10K run, or the less-intensive option of a 2.5K run, a 12K bike ride and then a 2.5K run. f3events.co.uk



Fit JAM

29-31 JANUARY

If you love dancing or just want to improve your moves, try Fit JAM at Alton Towers. The event includes new dance workshops like Bokwa and BurleX, a party on the Saturday night and free entry to the waterpark. dancejamuk.co.uk/dance-events



No ordinary coffee drink.

Twist is a delicious blend of full flavoured Colombian Coffee and Whey Protein – Mix one scoop to 250ml - 300ml of ice cold water or milk in a shaker bottle and shake vigorously!

90 Calories, 17 grams of Protein, 4.9g Carbohydrates,
0.7g of Sugar and 73mg Caffeine per 25g serving.

TWIST. The Coffee Lovers Protein Drink™



HANDS ON

Spoil someone you love with the gorgeously spicy Jo Malone London Mimosa & Cardamom Body & Hand Wash. It's the perfect, indulgent gift.

● £28, jomalone.co.uk



IT'S CRUNCH TIME

Made from festive red and white potatoes, Tyrrell's Merry Crisp-mas salted crisps are the perfect seasonal snack to impress your party guests.

● £2.99, Tesco



SPICE IT UP

Nothing warms up the festive season like the comforting aromas of cinnamon and mandarin, the key scents in Neom Organics' Christmas Wish Scented Candle.

● £49.95, neomorganics.com



GO AHEAD

Schoffel's chunky knit Terries hat can help you tackle winter head on. The fleece-lined headband takes care of comfort while the wool fabric ensures you stay toasty.

● £29.95, schoffel.co.uk

HOT LIST

See it, buy it, love it!
Your essential guide to the month ahead



SPRITZ AND GLITZ

Treat yourself with one of the new fragrances from Michael Kors' snazzy Gold Collection. The scent is just as glamorous as the packaging.

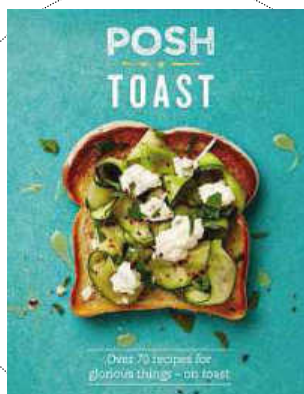
● £39, House of Fraser



ON THE DARK SIDE

Don't fight your chocolate cravings this Christmas – just get your antioxidant fix with natural, vegan and gluten-free Pana Chocolate. Yum!

● £3.20, panachocolate.com



DISH IT UP

Comfort food at its very best, *Posh Toast* has some of the most creative toast topping ideas. From savoury to sweet, they've got you covered!

● £12.99, Quadri



MADE FOR WALKING

The Breezy Ankle Boots from The Original Muck Boot Company are perfect for muddy strolls to walk off that Christmas dinner feasting.

● £70, muckbootcompany.co.uk



R U N F R E E

INTRODUCING BUGABOO RUNNER



The
**Jogging
Extension**

One base fits all*



bugaboo

*please visit bugaboo.com for suitability and recommended use of seats.

Did you know?

Most elite marathon runners cover over 100 miles (160.9K) every week in training. Imagine the calories they burn!



Let the music play

If you need a little music inspiration when you run, the XtremeMac Sportwrap LED Armband for Apple iPhone 5 or iPod Touch is a workout must-have. This lightweight band even has LED lights so you can be seen in the dark.

● £9.99, amazon.co.uk

running news

Shatter your PB with performance-boosting tips and high-tech kit

A RUNNING ESSENTIAL

If you never know what to do with your things when out on a run, try the lightweight Raidlight Waist Belt Fast Run 800. It has zip pockets to store your keys or phone and holds an 800ml bottle for water. You won't want to run without it.

● £32.99, myracekit.com



Bag it up

If you tend to hit the gym en route to work then you'll know the importance of a good kit bag. And with a roomy main compartment, a large front zip pocket and a padded laptop section, the Adidas Power 2 Backpack is an excellent choice.

● £23, adidas.co.uk

THE SOCKS THAT ROCK

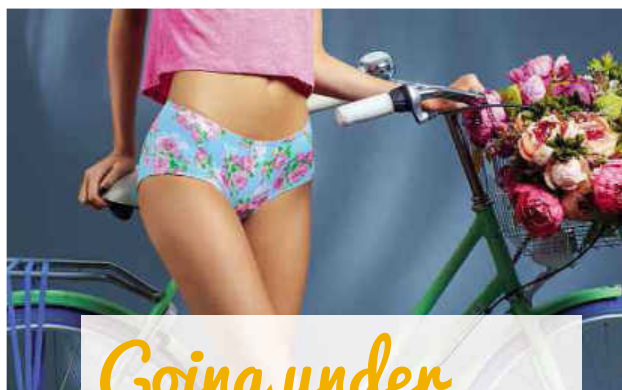
More than just a pair of pink socks, these Perform Compression Socks have been designed to give you a competitive edge when running. Zoned breathability panels allow for maximum comfort, while compression panels increase blood flow and muscle containment, to help improve running performance and speed up recovery times.

● £35, thesportsedit.com



Did you know?

According to John Woodward, CEO of Busy Bees Benefits, if the average employee working five days a week spent 30 minutes a day cycling to work, they'd easily achieve the recommended amount of physical activity.



Going under

ZIB Women's Padded Fire Fox and Canny Bunny Pants' chamois padding makes your casual cycle a comfortable one, plus the print is great fun. It's a shame you'll be the only one who knows you're wearing them!

● £39, velovixen.com

Head strong

With the Lazer Cosmo you needn't worry about your helmet slowing you down on those sprints. It's lightweight while offering nifty features, like temple protection, ventilation channels and true comfort.

● £199.99, lazer-sport.co.uk



3 WAYS TO STAY SEEN

Want to be visible on dark winter nights? Here are our fave safety first buys

1 Knog Blinder Mob

100% waterproof (useful for cycling in the UK!) and USB-rechargeable, you can always count on these. ● £34.99, euro.knog.com.au



2 Nathan Cycling Ankleband

These easy-on, easy-off velcro bands work well attached to backpacks as well as ankles! ● £8, nathansports.com



3 Stellar Women's Waterproof Jacket

You won't be missed in this super-bright jacket with reflective panels. ● £89.99, madison.cc



cycle scene

Get extra pedal power with our top cycling tips

RIDE OF YOUR LIFE

From the classy Brooks England leather saddle to the intricate copper plating, we're in love with every inch of these Ted Baker and QUELLA bikes. The three colourways are reminiscent of old-school Italian racers and quintessentially British bikes.

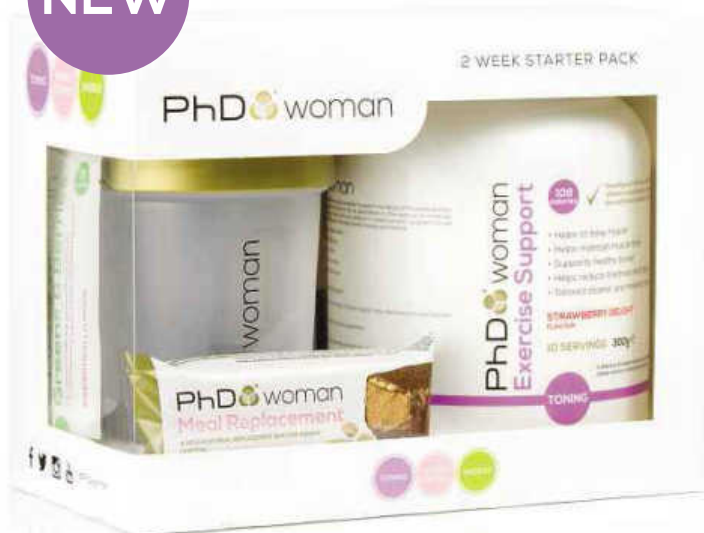
● £1995, quellabicycle.com



KICK START

YOUR HEALTH AND FITNESS PLAN

NEW



The PhD woman 2 week Starter Pack has been developed to introduce you to sports nutrition and give you a head start this new year.

It contains a selection of our best selling products & an exclusive PhD woman protein guide.

- Exercise Support - a delicious post workout shake
- Meal Replacement Bars - perfect for women on the go
- Greens & Berries - a natural energy boost when you need it most
- PhD woman gold shaker cup

VISIT THE PhD WOMAN ACADEMY ONLINE FOR TAILORED CONTENT INCLUDING WORKOUT PLANS, RECIPES AND MUCH MORE

Miracle mushrooms



If you suffer from arthritis, the Mico-Cord supplements by Hifas da Terra may be just what you need to ease the pain. The medicinal capsules contain cordycepin (from the rare cordyceps mushroom), which has been proven to heal and strengthen the immune system and protect the body against diseases and health problems.

● £55.50 for 70 capsules, en.hifasdaterra.com



Super supplement

With more vitamin C than an orange, more vitamin A than a carrot, more potassium than a banana and a whopping 16 times more calcium than milk, need we say more? Moringa is an entirely natural substance used by professional athletes for a boost of nutrients and energy.

● Moringa, £7.99 for 100g, naturisimo.com

health wrap

Tasty trends and top buys from the world of wellbeing

SKIN SAVIOURS

Get skin dramas sorted with these helpful heroes

1 Repair service

Treat dry, swelling or itchy skin with Katherine Daniels' Sensitive Skin Rich Cream.

● £34.50 for 50ml, katherinedanielscosmetics.com

2 Gently does it

'Chicken skin' on your arms is best tackled with gentle exfoliation. Try OSKIA's Micro Exfoliating Balm.

● £46, oskiaskincare.com

3 Bee prepared

Keep eczema or cracked skin under control with Comvita's Medihoney Natural Derma Cream.

● £10, comvita.co.uk

Brighten up

Light up your smile with the Luster PRO LIGHT teeth whitening system. Favoured by celebrities, Luster's clever technology will help you get movie-star-style, pearly white gnashers.

● £49.99, boots.co.uk



Could you taste the difference?

Koko Dairy Free Original tastes remarkably similar to semi-skimmed cow's milk, yet it's totally free of dairy, soya, and animal fats.

Made from freshly pressed coconut milk its 2% fat content provides medium chain fatty acids (MCFAs) that are more easily digested than saturated animal fats.

Fortified with calcium and vitamins, it not only looks like ordinary milk, but you can use it in just the same way. In tea, coffee, with cereals and in cooking. The light, fresh taste won't dominate the foods you make, so you'll find you can use it as a direct replacement.

Koko Dairy Free – a no sacrifice alternative to cow's milk.



www.kokodairyfree.com

ESSENTIALS



Just glow

Bring a soft touch of colour and a fresh, light fragrance to your home with Flamingo Candles' Pastels collection. The pretty candles are made from organic soy wax and can burn for up to 70 hours. Our fave scent, Rose Velvet & Precious Oud, is perfect for a blissful weekend indoors.

● £22, flamingocandles.co.uk



Live well, accessorise smart

The prettiest and most sophisticated means of balancing energy we've ever seen. The Daisy London Chakra collection includes chain and cord designs in a range of colours, with a choice of seven different chakras. We'll take all of them please.

● From £55, daisyjewellery.com

*love life

Hot tips and tricks to boost your energy, style and cash flow

BEAUTY GEM

If your skin is in need of saving, The Supreme Equilibrium Mask by 001 is for you. The luxury brand is the brainchild of Ada Ooi, who grew up appreciating (and studying) the science behind aromatherapy. Love!

● £98 for 50ml, John Bell & Croyden stores



New year, new you?

For those who find it difficult to manage time due to a busy schedule, these kitsch diaries and planners by Busy B might be your ticket to a more organised 2016. The Busy Life Diary has a reminders section on every page and a Meal

Planner with magnets, so you can stick your plan on the fridge. It's all in the details!

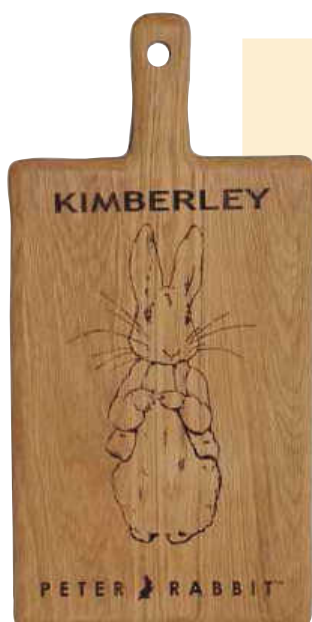
● From £8.99, busyb.co.uk



Personal shopper

It can be hard to think up original present ideas, but we've found an answer. ijustloveit.co.uk has thousands of gift ideas, including cheeseboard sets, stationery and even alcohol, which you can personalise with names or cute messages. So it's one-of-a-kind and you've got someone to do the hard work for you – sweet! !

● From £1.49, ijustloveit.co.uk



fit[™]

Created for Women by Women



DANICA PATRICK
PROFESSIONAL
RACE CAR DRIVER

SIX STAR[™]
PRO NUTRITION

Six Star® Fit Lean Protein –
Created for Women by Women

- ▶ **16g of a high-quality blend of isolate proteins –**
2g carbs, zero fat & only 80 guilt-free calories (350 kJ)[†]!
- ▶ **A veggie & fruit blend with flax seed, digestive enzymes and friendly bacteria from GanedenBC^{30™}**
- ▶ **A decadent flavour –** flavoured by experts to ensure a taste that won't disappoint

Danica chooses Six Star® to support her goals¹. Start fueling like the pros with **Six Star® Fit Lean Protein**.

 facebook.com/SixStar  @SixStarPro  sixstarpronutrition

sixstarpronutrition.co.uk

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[†]Per one level scoop serving (22g)

¹Protein contributes to the growth and maintenance of muscle mass as part of a healthy balanced diet and lifestyle.



PREMIUM SUPPLEMENTS. SMART PRICE.

GYM BAG ESSENTIALS IN 2016



Bio-Synergy® ambassador Phoebe Robinson-Galvin reveals the products she will be using to maintain her fitness and physique throughout 2016. If you want to stay in shape and feel great, this carefully selected range will not only help you shift any stubborn pounds, but ensure that you are getting the most out of your fitness and exercise.



BODY PERFECT®

Body Perfect® is a multi award-winning weight loss and slimming product, which has helped millions reach their goals.



"The thing I like most about Bio-Synergy is the quality of the products... I love to recommend the products all of my clients!" - Phoebe

FRUIT INFUSER

Whether working out or at work, stay hydrated with the Bio-Synergy® Fruit Infuser, where you can create favourite fruit infused water.



BIO-SYNERGY CLA®

CLA is a naturally occurring ingredient that's mainly in foods, designed to aid weight loss and improve lean muscle definition.



WHEY HEY®

A delicious, gluten free, light and refreshing coconut flavoured whey protein powder with over 21 grams of protein & low in fat and carbohydrates.

SHOP THE RANGE AT BIO-SYNERGY.UK AND OTHER LEADING RETAILERS



Listen to Marley

If you're a bit of a headphone-hoarder, it's time you jumped on the Marley bandwagon.

We have our eyes on the Uplift style, which is made from recycled aluminium and FSC-certified wood – we love that Marley is as committed to promoting eco-friendliness as it is to making quality headphones!

● From £29.99, thehouseofmarley.co.uk

DETOX YOUR LOCKS

If your mane is dry and brittle, there's a good chance it's caused by harmful ingredients in your products. Go natural with Green People's Quinoa and Artichoke Shampoo and Conditioner. They're free from alcohol and parabens and the quinoa protein contains essential amino acids to protect and nourish.

● From £9.95, greenpeople.co.uk

green scene

Be stylish and sustainable with our planet-friendly tips

Go coco loco

Keep your skin in check during the seasonal transition with Palmer's Coconut Oil range. The body oil, lotion, cream and hand cream all contain ethically sourced and sustainable raw coconut oil, which is highly potent and perfect for dry and dull skin. We're stocking up now!

● From £2.40, boots.com



NATURAL NIBBLES

We've found a new food friend in The Giving Tree's natural vegetable and fruit crisps. The freeze-dried snacks retain all of their nutritional qualities, making them perfect for those who find it difficult to hit their five-a-day or like to snack on-the-go. We couldn't decide on a favourite, but it's a close call between strawberry and broccoli...

● £2.99, planetorganic.com

DREAM BOX

Vegans rejoice! There is now a seriously tasty way to get delicious vegan treats delivered to your door every month! Vegan Tuck Box is bursting with new and exciting vegan products for you to enjoy every single month, so no more hunting for your vegan snacks when you're out and about!

● From £8.50, vegantuckbox.co.uk



CHEAT SHEET: SELENIUM

Selenium is an essential trace element and antioxidant that's naturally present in many foods, including meat, fish and in particular Brazil nuts. **It's needed to help support our thyroid and protect our cells from oxidative damage**, and it may also help to keep our cholesterol in check.



Start to spiral

Love pasta but want a healthier alternative? Get spiralizing! Try it with sweet potato or courgette then steam for a few minutes, and voila – a healthier side option for your spag bol. The Lurch 1-Piece Spiralo is our pick!

● £22.80, amazon.co.uk



fit food

Nourishing news and nutritional know-how



COCO NUTTY!

Looking for organic and ethically produced premium quality coconut oil and products? Us too! We've just discovered Bouoli, it's 100% pure, unrefined, organic and entirely natural. Use to cook with, add to porridge and smoothies and use on your skin and hair. Multitasking at its best!

● 11.49, bouoli.com

Q+A

A HAPPIER GUT

Q I suffer with IBS, which often affects my energy levels. Is there anything that can help perk me up?

A In the UK we are particularly susceptible to vitamin D deficiency, and according to a study published in the *United European Gastroenterology Journal* this vitamin could be important to the health of our gut. Try taking a vitamin D supplement to top up your levels.



Blogs we love

HungryHappyHealthy.com

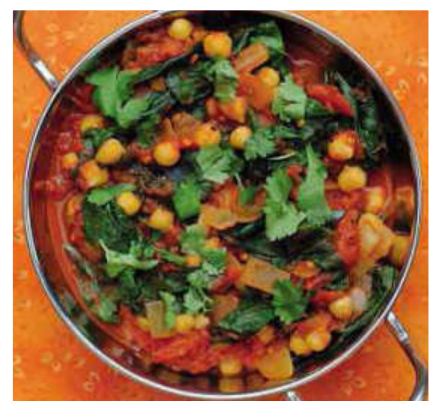
In 2008 Dannii Martin started her health and weight-loss journey and she hasn't looked back since. Her blog has over 71,000 followers and is full of great recipes and healthy living ideas. We love this 10-minute chickpea and spinach curry!

Ingredients

Serves 2

- 1 x medium onion, diced
- 2 x garlic cloves, crushed
- 1 x 400g can chopped tomatoes
- 1 x 400g tin chickpeas
- 100g spinach
- 10g coriander
- ½ tsp each of ground coriander, paprika, cumin, turmeric and cayenne
- A pinch of sea salt and black pepper.

- 1 Heat a little oil in a large pan and add the onion and garlic and cook for 2 minutes.
- 2 Add the spices and then stir well.
- 3 Add the chopped tomatoes, drained chickpeas, coriander and salt and pepper and simmer for eight minutes.
- 4 Two minutes before it's finished cooking, add in the spinach, let it wilt and make sure you stir well.



SURF IN SRI LANKA

Book yourself in for the surf adventure of a lifetime with Ticket to Ride's awesome coast-to-coast surf adventure! This three-week break packs in surf lessons, yoga sessions and cross country road tripping and gives you the opportunity to explore the countryside and villages, spot elephants, snorkel and chill out beachside. Bliss!

● 27 March – 17 April,
£1,020, tickettoridegroup.com



travel diary

*Your passport to dream destinations,
suitcase essentials and active escapes*

HAND LUGGAGE

The ideal bag for the city explorer, this handy carrier can be either handheld or carried on your shoulder with the adjustable and removable strap. We love the neutral colours and snappy design – plus it fits a laptop!

● £55, eastpak.com



Happy days

An awesome 62% of Brits admitted to feeling happier and more positive when taking time off to travel. So book that break asap!

Feeling blue?

These gorgeous half wood frames by Ray Ban are the perfect winter travel accessory. Slick enough to take you from bright winter sunshine to hot days on the beach, they're your perfect wear-anywhere shades

● £218, sunglasses-shop.co.uk



SCENT OF SUCCESS

Inspired by three of the main man's favourite cities, these gorgeous Ted Baker candles are the perfect way to bring the world to your home. London gives off aromas of wild rose and leather, while Athens offers fig and olive blossom, and Miami introduces star apple and passionfruit scents. We can't get enough!

● £28 each, [John Lewis](http://JohnLewis)



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The L'Equip XL Juicer

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www.ukjuicers.com

EXERCISE

29 Get a great butt! // 36 Cardio kicks // 41 No more excuses
44 Fastest workouts ever // 49 Love to lift! // 50 #Fit // 51 Reviews

FURRY FRIENDS

Your dog could hold the answer to improving your overall health! Research from Vitality shows that nearly 32% of dog walkers exercise for at least half an hour every day, compared to just over 22% of UK adults. And there's great news for Labrador owners, as 64% of people who owned these cuddly cuties said they exercised regularly for more than 30 minutes every day. Been desperate to get a pup? There's another great reason to go for it!





'Pushing your body to its max will get your metabolic rate sky high, which is ideal for trimming fat'

DO IT YOURSELF

Boxing on the pads involves partner work, but if you're on your own, a punchbag is the next best thing. First do a couple of rounds of HIIT. Take a quick rest then get to work on the bag, throwing punch combinations, hitting as hard as you can without losing speed. Try three rounds lasting three minutes each, no rest during the rounds, but rest for 30 seconds between each. Finish off each round with 20 quick punches.



hitting pads as hard as you can develops your power, while the pace gets you in a sweaty mess, gasping for air well within a round. So that's your cardiovascular fitness sorted. Plus, pushing your body to its max – there are no half-hearted efforts here – will get your metabolic rate sky high, which is ideal for trimming fat. It's a masterclass in all-over body conditioning, but you'll probably notice it's particularly hard for your upper body to function normally in the days that follow.

→ HOW HARD IS IT?

You have the potential to push your body until it can really do no more in this class. At the same time, if you want to take it a bit easier, you can – but what's the point? If you want an effective workout that'll challenge your physical and mental strength, this is the one.

→ WHERE IS IT?

GymClass is based in Holland Park, west London. Classes are £29 each, with monthly prices available. Visit gym-class.co.uk.

CLASS
ON
TRIAL

GymClass FIGHTCLUB

Offering high-intensity exercise and full-body conditioning, Fightclub is a class you'll go back to again and again

→ WHAT IS IT?

This class doesn't mess about. After a warm-up, you're straight into a couple of rounds of metabolic conditioning. No rest, just work, as hard and fast as you can. Once you're left feeling like that's enough for one session, the real workout starts: the boxing. If you've got

boxercise in mind, think again. This is hard-hitting (sorry!) stuff: think power, strength, endurance and cardio, plus stress relief, too.

→ WHAT ARE THE BENEFITS?

Boxing is one of those things that targets everything. Mixing fast combinations with

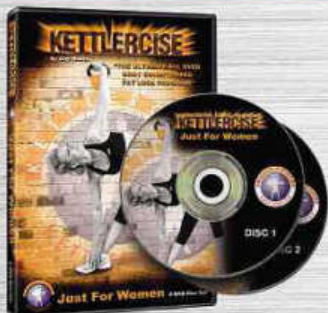


→ AMANDA'S VERDICT

As far as boxing classes go, I really loved this one. Ian, the instructor, has genuine experience with martial arts and boxing, and his passion rubs off easily. The environment is packed with enthusiasm and motivation, and it really does work wonders for lifting your mood, even if your body is hating you for it. 🥊

KETTLEBELLS

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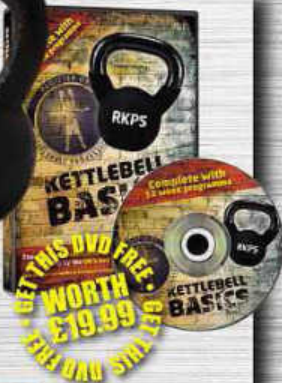
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Get glutes!

Want the best butt ever? This workout, based on a bootylicious class at top gym Equinox, will help you get a bum to be proud of

Who wouldn't want the best butt ever? Using loads of different resistance exercises that activate your glutes, to sculpt, shape and tone you, Equinox's booty based class aims to give you just that.

Group fitness manager at Equinox Kensington, Caitlin McGowan, has devised this workout especially for us, focusing on some of the fitness class's core moves.

The next day you'll probably be waddling, and finding stairs a

particular challenge! But it's not just the butt that gets a good workout, lots of glute exercises rely on help from the legs and core, so you'll actually be hitting lots of big muscle groups across the body as well. And, because the glutes are the body's largest muscle group, you can expect a good rise in metabolic rate, too, which is good news for anyone who's looking to shed fat and get lean. So, fire up those glute muscles, feel the burn and start working on your best butt ever.

HOW TO DO IT

Perform a full set of each exercise with 60-90 seconds' rest between each set. Once completed, go back to the start and repeat.

Beginner:
3 x 12 reps

Intermediate:
4 x 15 reps

Advanced:
4 x 20 reps



EXERCISE

HARLEM SHAKE SUMO SQUAT SERIES

Areas trained: THIGHS, BOTTOM

Technique

- Start with a looped resistance band placed about one inch above your knees, ensuring the band is taut.
- Step out to the right and sit down into a wide squat, then lift your leg up and back down while in the squatting position. Hold for 60 seconds.
- Stand up, pushing through your heels, to the starting position. Repeat.



SAFETY TIP
Keep your chest up and shoulders back as you squat

ROCK AROUND THE CLOCK SERIES

Areas trained: GLUTES, THIGHS

Technique

- Start with a looped resistance band placed about one inch above your ankles, ensuring the band is taut.
- Standing with all your bodyweight supported on your left leg, tap your right foot out to 3 o'clock, 4 o'clock, 5 o'clock, and then 6 o'clock.
- Repeat with your left leg, tapping out to the respective times on the 'clock'.



THE BUTT LIFT

Areas trained: GLUTES, CORE

Technique

- Start in a 'tabletop' position, kneeling and resting on your forearms with your elbows under shoulders and knees under hips.
- Keeping your right leg at a 90-degree angle, lift it so your heel is pressed towards the sky, squeezing your glutes at the top.
- Bring it back to the start position and repeat.

SAFETY TIP
Try to keep your hips square throughout



'Because the glutes are the body's largest muscle group, you can expect a good rise in metabolic rate'

THE SURRENDER

Areas trained: GLUTES, LEGS

Technique

- Stand with your arms by your sides, holding a heavy dumbbell in each hand.
- Step your left foot behind and slightly to the right of your right foot.
- Bending both knees, lower your body until the back knee touches the floor.
- Stand back up, lift your left knee up high in front of you, then move straight into another rep.
- Do the allocated reps on each side to complete a set.



SAFETY TIP
Keep your torso upright throughout

THE SWING SET

Areas trained: GLUTES, LEGS

Technique

- Stand holding a heavy dumbbell in each hand.
- Step your right foot in front of your left so it lands further left than your left foot.
- Bending both of your knees, lower down until your back knee touches the floor.
- From here, push up and step your right (front) foot back behind your left, so it lands further left than your left foot, then bend both knees, until your back knee touches the floor.
- Push back up and then go straight into another rep.
- Do the allocated reps on each side to complete a set.



SAFETY TIP
Make sure your step is big enough that your front knee doesn't go further forward than your toes when your knee is bent





GET THE LOOK

CLOTHING: Top, £35, and shorts, £25, reebok.co.uk; Nike Flyknit Zoom Agility trainers, £140, nike.com

KIT: Mat, yogamatters.com; resistance band and dumbbells, physicalcompany.co.uk; Deck, reebokfitness.info

GRAND PLIÉ BURPEE

Areas trained: **GLUTES, LEGS**

Technique

- Start in a straight-arm plank with your hands under your shoulders.
- Jump your feet forward towards your hands.
- Jump into the air as high as you can, clicking your heels together while you're mid-air.
- Land softly, then jump back into a plank and repeat.



STRADDLE BOX JUMP

Areas trained: **LEGS, GLUTES**

Technique

- Start by standing with your legs either side of your deck.
- Squat down, then jump up onto the deck, landing with a bend in your knees.
- Jump back down, landing in a squat and go straight into another rep.



SAFETY TIP

Push your bottom out behind you as you lower into the squat



THE BULGARIAN BLITZ

Areas trained: **LEGS, GLUTES**

Technique

- Stand with one foot behind you on your deck and your other foot slightly further forward of your body, with your arms straight.
- Bend your front leg to lower yourself as far as is comfortable, then jump up into the air so that your feet lift off the floor and the deck.
- Land softly, lowering straight back down into another rep.
- Perform the allocated number of reps on one leg then the other.

SAFETY TIP
Keep your hips square throughout

'Loads of glute exercises rely on help from the legs and core, so you'll be hitting lots of big muscle groups'



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1 Adidas Run Two-Way Shorts
Print or plain – the reversible design lets you choose.
● £30, adidas.co.uk



2 Every Second Counts Work It Shorts
The two layers on these shorts give you the best of both worlds.
● £79, everysecondcounts.co.uk



3 Lija Climate Short
Feeling brave? Then these nifty, shiny shorts are for you.
● £69, lijastyle.com



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Heart-felt *exercise*

Cardio isn't just good for your fitness. According to a new study, it also helps to ward off diabetes

Ultra-marathon runners and endurance addicts aside, cardio can be a real chore for some of us. Pounding away on the treadmill for hours on a weekend? No thanks.

But a new study published in the *International Journal of Epidemiology* suggesting that having a faster resting heart rate could indicate a higher risk of developing diabetes, proves that cardiovascular fitness is more important than ever. In fact, the four-year study showed that lowering your resting heart rate by 10 beats per minute could point towards a 23% lower risk of diabetes.

Lower resting heart rates have long been associated with

athletes and the super-fit, but we want in on the action, too, especially if it means being safe from diabetes. Now, before you reluctantly lace up your running shoes and head out for a long run, cardio *can* be a lot easier than you think. By working out at a high intensity and fast pace, you can get your heart pumping just as much as you do out on the pavements. Just make sure you really push yourself regularly – finishing a workout gasping for breath, covered in sweat and in a heap on the floor is usually a good indicator! And push yourself a bit harder each week. Try counting how many reps you manage per minute and try to beat it every week.

HOW TO DO IT

Perform each exercise for a total of one minute, with 30 seconds' rest in-between. Repeat for the allotted sets for your level.

Beginner:
2 x 1 minute

Intermediate:
3 x 1 minute

Advanced:
4 x 1 minute



Monitor your heart rate by measuring your pulse every morning while you're still in bed. Count the beats for 15 seconds, then multiply by four to calculate your resting heart rate. The lower, the better.

SKIPPING

Areas trained: **SHOULDERS, LEGS**

Technique

- Holding the handles of a rope, skip fast for 20 seconds then slow for 10 seconds, keeping your upper arms close to your body.



HOT TIP

Bring your knees high to make it more challenging

MOUNTAIN CLIMBER

Areas trained: **CORE, HIPS**

Technique

- From plank position, bring one knee towards your chest.
- Switch legs repeatedly, as fast as you can.



SAFETY TIP

Keep your core tight throughout



FOOT SWITCH

Areas trained: **LEGS**

Technique

- Stand with a step in front of you, one foot resting gently on the step.
- Jump to switch feet.
- Repeat fluidly.



EXERCISE



GET THE LOOK

CLOTHING: Asics bra, £27, asics.co.uk; Lija capris, £69, lijastyle.com; Reebok ZQuick Dash trainers, £65, reebok.co.uk
KIT: Mat, yogamatters.com; Deck, reebokfitness.info; Dumbbells, physicalcompany.co.uk; Kettlebell, gorillasports.co.uk

BUNNY HOP

Areas trained: LEGS, CORE, SHOULDERS

Technique

- Stand on one side of a bench and take hold of either side of it with both your hands.
- Jump both legs over the bench, keeping hold of the bench, so you end up in the same position on the opposite side.
- Continue to jump over the bench, trying to keep up a fast pace.

SAFETY TIP
Keep your neck strong and don't drop your head



PRESS-UP BURPEE

Areas trained: CORE, CHEST, TRICEPS, BOTTOM, LEGS

Technique

- Crouch down and place your hands on the floor near your feet.
- Jump your feet back to bring your body into a plank position.
- Bend your arms to lower your chest towards the floor, then push back up to the top, performing a press-up.
- Jump your legs back to the start position.
- Jump up as high as you can, then land softly and go straight into another rep.

SAFETY TIP
When performing the press-up, don't let your hips drop lower than the rest of your body

'The four-year study showed that lowering your resting heart rate by 10 beats per minute could point towards a 23% lower risk of diabetes'



RENEGADE ROW TO KNEE TUCK

Areas trained: CORE, UPPER BACK, BICEPS, SIDES

Technique

- Start in a straight-arm plank holding a dumbbell in each hand.
- Row the right dumbbell up to your side, then lower it back to the start.
- Without moving your body too much, bring your right knee to your right elbow, then back to the start position.
- Repeat the movements on the other side and alternate with each rep.

SAFETY TIP
Keep your spine long and body in a straight line throughout



BOX JUMP

Areas trained: BOTTOM, LEGS

Technique

- Stand with a deck in front of you.
- Jump up onto the deck and land softly, then stand up straight.
- Jump or step back down to the floor and repeat.

SAFETY TIP
Don't let your knees collapse inwards as you jump off



KETTLEBELL SWING

Areas trained: BOTTOM, THIGHS, CORE, BACK

Technique

- Hold a kettlebell in front of you, by the handle.
- Drive the kettlebell backwards, between your legs, then extend your hips and knees to drive the kettlebell up to shoulder height.
- As the kettlebell drops back down, hinge at your hips and knees again to swing in a fluid motion.

SAFETY TIP
Keep a flat back as you lower and don't let your shoulders drop forward



BEST CARDIO CLASSES

You can get your cardio fix in a group exercise setting, with our top three picks

1 BARRY'S BOOTCAMP

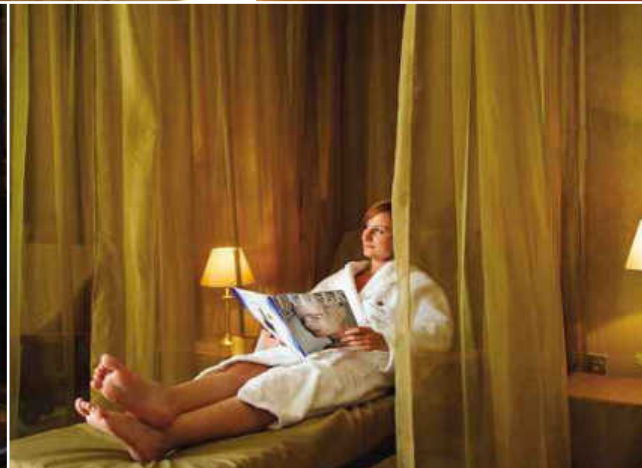
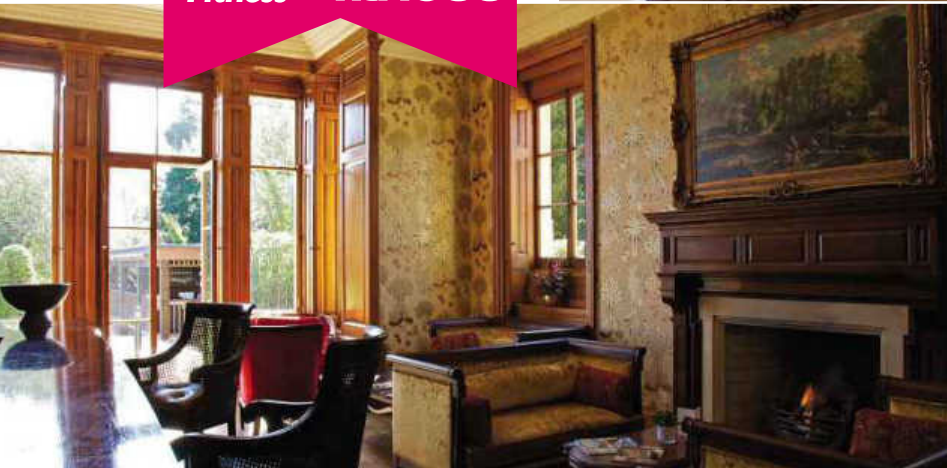
Hate running but love the rewards you can reap from it? Try an iconic Barry's class, which mixes up treadmill work with strength exercises to shake up your cardio. barrysbootcamp.com

2 RIDE AT 1REBEL

Indoor cycling is all the rage, and with themed rides such as 90s Club Classics, Garage and Beyoncé vs Rihanna, we choose to do ours at the uber-cool 1Rebel. 1rebel.co.uk

3 TWENTYFOUR

If your cardio really needs a good disguise, try this short and not-so-sweet class: 24 minutes of high-intensity resistance exercises. virginactive.co.uk



HEALTHY FOOD & DRINK AWARDS VOTE TO WIN A HEALTHY COUNTRY BREAK IN THE COTSWOLDS

Hello readers!

Do you have a favourite healthy food product or drink you'd love to tell everyone about? Now's your chance! **Women's Fitness** and **Health & Fitness** magazines have joined forces to launch the **Healthy Food & Drink Awards 2016 - voted for by you!** The awards will recognise the very best food and drink products that help keep British women healthy. From cereal bars and savoury snacks to smoothies and juices, winners of the Awards will be announced in the April 2016 issues of **WF** and **H&F**. So don't delay, vote for your top products today!

Joanna Knight & Mary Comber

Women's Fitness and Health & Fitness



WIN A LUXURY COTSWOLD BREAK

Wyck Hill House Hotel & Spa is a luxury Country House Hotel set within 50 acres of grounds in the heart of Gloucestershire, offering breathtaking views of the beautiful Windrush Valley and rolling hills of The Cotswolds (wyckhillhousehotel.co.uk).

Now you could win a luxury break for two there with two nights' luxurious accommodation in a Feature room, with full English breakfast each morning, a three-course table d'hôte dinner on one evening in the two AA-rosette restaurant and 20% off pre-booked spa treatments in the superb spa.

And all readers can save over 30% on a perfect weekend retreat at Wyck Hill House, paying £72.50** per person per night for a three-course table d'hôte dinner, overnight accommodation in a Garden Room, full English breakfast and 20% off pre-booked spa treatments.

For more details or to book, please call 01451 831936 and quote *Women's Fitness*.

Terms and conditions

- Prize for two adults, aged 18 or over, valid for six months from date of winner's notification, excluding Bank Holidays and subject to availability. Spa treatments must be booked in advance.
- Offer (based on two sharing a double/twin Garden room) valid until February 29, 2016, excluding Christmas and New Year and subject to availability of allocated rooms. Spa treatment charges and a single supplement apply.



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TO WIN A HEALTHY COUNTRY BREAK IN THE COTSWOLDS, VISIT:
WOMENSFITNESS.CO.UK/AWARDS

NO excuses

Got a winter workout excuse up your sleeve? We don't want to hear it!

Excuse #1

I get too busy at Christmas

We know, we know.

Christmas shopping, office parties, visiting family and everything else can make the festive period really hectic to say the least. The last thing you need is to

worry about finding time for your fitness, too.

BUSTED: As much as we can empathise when it comes to the chaos of Christmas, *everyone* has time to exercise, thanks to HIIT. A short, sharp workout – done properly – can be as effective as a longer one,

and all you need is 20 minutes. We can't accept responsibility for any faffing in the changing rooms, though. 'The key to success with HIIT training is that you really have to challenge yourself,' says Katie Bulmer-Cooke, gymcube.com personal trainer. 'Opt for

big, compound movements that increase your heart rate big time, such as jump squats, press-ups and burpees.' When it comes to effective exercise, quality trumps quantity, and that works in your favour if your diary is jam-packed this Christmas.



EXERCISE

Excuse #2

It's too cold to leave the house

True, it's freezing out there, we won't argue. Even the rush from the front door to the car door is a struggle, and let's not even mention all the plans we've been bailing on just at the thought of braving the cold. Why would you leave your warm, cosy bed if you didn't have to?


BUSTED: Swap your outdoor runs and park workouts for an at-home session that doesn't involve going outside. 'You can work out with your own body weight – no machines or equipment needed,' says Katie. 'Use a dining room chair or your sofa for tricep dips and decline press-ups to work the upper body, or tone your lower half with elevated split squats [with your back leg on a chair], and elevated single-leg bridges [with one leg on a step].' And for cardio, why not use the stairs for sprints? 'Sprint up the staircase and then walk back down to recover,' Katie advises.

Excuse #3

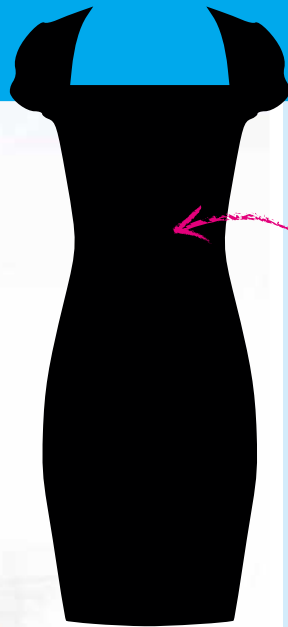
It's too dark outside

If you leave early for work and then head home in the evening (even at a reasonable hour), it's likely you won't see any daylight during the week. This can be truly demotivating. And it's also not as safe to be running outside when it's dark.

BUSTED: If exercise for you is synonymous with outdoor running, then there's still a way to do it safely and successfully. 'Go bright at night!' says Katie. 'Invest in a high-visibility running jacket. Not only will one help you to be seen, but they've also got lots of cool little pockets for holding essentials, such as keys, your phone and money.' We're also not averse to a loud pair of leggings, and now's your excuse to really rock them. 'They're so on-trend right now and it seems that the louder they are, the better,' adds Katie.



'A bodyweight session is certainly enough to work yourself into a state of sweat and heavy breathing'



Excuse #4 I've got a cold

Ah, the common cold. One of the worst things about cold weather has got to be getting ill. With so many germs going around they're hard to avoid, but there are ways to help prevent colds. But even if you're already suffering from the sniffles, it can be a good idea to keep up those workouts.

BUSTED: 'A nutrient-dense diet avoiding processed foods will help,' says Katie. 'Maintain your exercise routine, too. Listen to your body. I always tell my clients if you can't gain, don't train – so there's definitely a line. If you can't challenge yourself enough in the workout to gain something from it, it's best to rest until you're feeling better.' Okay, so sometimes this excuse can get you out of exercising after all!

Excuse #5 The festive period has been too tiring

If you're burning the candle at both ends during the party season, it's inevitable you'll fall off the wagon. Try not to say yes to every invite, and prioritise workouts.

BUSTED: Not only should working out be a priority for general health and fitness, but it can also give you a real energy boost, fixing those issues of tiredness. It's really a no-brainer. 'The only decision to make here is to choose a type of exercise you enjoy,' Katie says. 'This might sound simple but if it's something you enjoy, you're more likely to complete it.'

Excuse #6 I've got a hangover

Warning: this might be happening a lot around this time of year. You've no one to blame but yourself, but we're not going to tell you to completely stop the boozing. The good news is there is a way round it **BUSTED:** If you're feeling worse for wear the morning after, chances are your body is screaming out for hydration. 'Drink lots of water alongside hot water and lemon,' advises Katie, 'then choose a workout that'll help you sweat out all those toxins from the night before. I'd recommend a good, solid cardio session, such as indoor cycling or a bodyweight circuit to really help boost your metabolism.'

Excuse #7 The gym is too busy at this time of year

If it's getting crowded at the gym, everyone's got the right idea – they all want to get in shape for party season. Christmas and New Year are popular periods for getting into shape, but you don't need to have an argument over the kettlebells or get someone's sweat in your eyes to get it done.

BUSTED: No gym, no problem. A bodyweight session is certainly enough to work yourself into a state of sweat and heavy breathing, and if no equipment is necessary, then you don't even need to give the gym floor a thought. 'Your body is the most amazing piece of equipment ever!' Katie explains. 'All you need is a small space at home and you're set. The key to a good bodyweight session is intensity. No lying on your side gently lifting your leg up and down, please!' Keep intensity high throughout if you want to get a decent burn on. Try using Katie's suggestion and do 45 seconds' work with 15 seconds' rest in-between, doing jump squats, press-up rotations, plank toe taps, burpees and high-knee sprints on the spot. Workout – done!

KATIE'S TOP TIPS TO STAY MOTIVATED

1 'During the festive period we all want to feel amazing in our party dresses, so hang yours up on the outside of your wardrobe so you see it every time you walk in your bedroom, giving you a constant reminder of your goal.'

festive season is busy, so it's really important to block out time for your fitness routine.'

2 'Make exercise appointments with yourself in your diary to ensure you don't skip your workouts. The

3 'Try something new to help hold your interest and motivation this winter, whether it is a bodyweight workout at home or simply trying a new exercise regime such as Pilates or yoga. Why not work out with a friend to keep each other accountable?'

3 WAYS TO GET ENERGISED

1 SPATONE LIQUID IRON SUPPLEMENT

These convenient sachets are a great way to top up iron levels to keep you feeling full of beans. ● £10.55, amazon.co.uk



2 YOGI TEA WOMEN'S ENERGY

Try a natural, caffeine-free way to get a lift at the start of the day. ● £2.29, hollandandbarrett.com



3 TREK PEANUT POWER POWER BAR

A protein-packed pick-me-up that's natural and tasty. ● 99p, most supermarkets, Boots, Holland & Barrett



Ready in 10!

Party season got you snowed under? Stay on top of your fitness schedule with these mini workouts

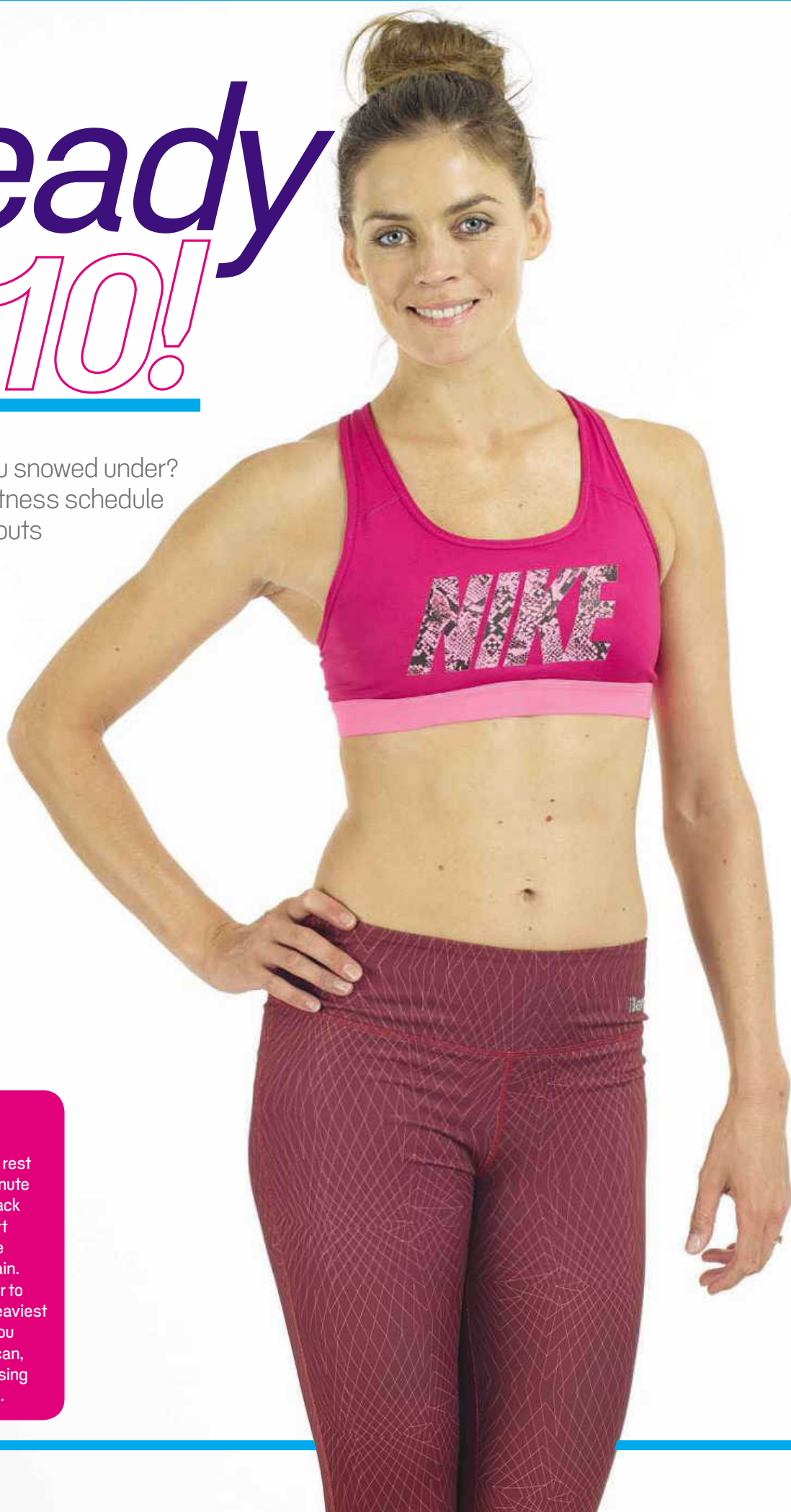
If your schedule is so packed that you can't even think about planning your workouts, never mind doing them, we're here to help!

This month we're keeping it super-simple – not only *conserving* energy for work and play, but *creating* it too. Each of these routines lasts just nine minutes, but trust us, that's enough time to leave you feeling full of beans, body confident and positive to boot. Burnout? Nah – we'd rather burn fat!

HOW TO DO IT

Do one circuit of your choice per workout. Perform each move for one minute – swapping sides halfway if necessary – with no rest between sets. After one set of each move is

complete, rest for one minute then go back to the start and do the circuit again. Remember to use the heaviest weights you possibly can, without losing good form.



CIRCUIT 1 – THE BOX COMPLEX**HIGH-KNEE STEP-UP WITH REVERSE LUNGE**Areas trained: **BOTTOM, THIGHS****Technique**

- Stand with a deck or box in front of you.
- Step up onto the box with your right leg, then raise your left knee up high.
- From here, step back down, left foot first.
- Take a large step backwards with your right leg, bending both knees to 90 degrees, until your right knee hovers just above the floor.
- Stand up and move into the next rep. Do all reps on one side before swapping sides to complete a set.

'Each of these routines lasts just nine minutes, but trust us, that's enough time to leave you full of beans'

**SAFETY TIP**

Keep your torso upright and hips square throughout

**PRESS-UP TO BOX JUMP**Areas trained: **CHEST, TRICEPS, CORE, BOTTOM, QUADS****Technique**

- With a deck or box in front of you, start in a plank position with your hands under your shoulders.
- Bend your arms to lower your chest towards the box.
- Push back up to a plank position.
- Jump both feet in towards the box and come into a squat position.
- Jump both feet onto the box, then stand up straight.
- Jump or step back down and jump your feet back into the plank position, go straight into another rep.



EXERCISE

BULGARIAN SPLIT SQUAT

Areas trained: **BOTTOM, QUADS**

Technique

- ▶ Stand with one foot on a box behind you and your front foot slightly forward of your hips.
- ▶ Keeping your hips square, bend your front leg to lower your back knee towards the ground.
- ▶ Push back up and repeat,

performing all the reps on one leg before repeating on the other side to complete a full set.



CIRCUIT 2 – THE BARBELL COMPLEX

BUNNY HOP

Areas trained: **BOTTOM, THIGHS, SHOULDERS**

Technique

- ▶ Stand to one side of your bench and take hold of either side of it using your hands.
- ▶ Jump both legs over the bench, keeping hold of it, so that you end up in the same position but on the opposite side of the bench.
- ▶ Keep jumping over the bench, trying to maintain a fast pace throughout.

SAFETY TIP
Keep the shoulders away from the ears and the neck long



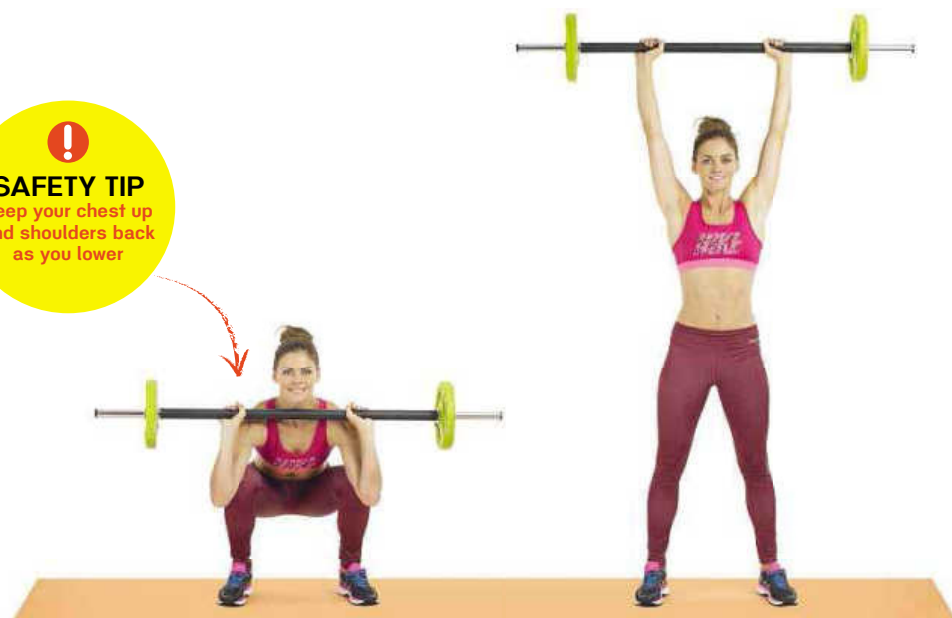
THRUSTER

Areas trained: **BOTTOM, THIGHS, SHOULDERS, TRICEPS**

Technique

- ▶ Hold a barbell in front of your shoulders with your elbows under the bar.
- ▶ Bend at your hips and knees to lower your bottom towards the floor.
- ▶ Push through your legs to stand up and use the momentum to push the barbell above your head.
- ▶ Lower and repeat.

SAFETY TIP
Keep your chest up and shoulders back as you lower



BARBELL ROLLOUT

Areas trained: **STOMACH, CORE, SHOULDERS**

Technique

- Start on your knees with your hands gripping a barbell on the floor. Keep your body straight from shoulders to knees and your hands under your shoulders.

- Roll the barbell as far forwards as is comfortable for you, then roll it back to the start and repeat.



SAFETY TIP
Don't let your lower back overarch



GET THE LOOK

CLOTHING: Nike bra, £26, nike.com; Bench leggings, £35, bench.co.uk; Asics Gel-Kayano 22 trainers, £150, asics.co.uk
KIT: Mat, yogamatters.com; Deck, reebokfitness.info; Barbell, physicalcompany.co.uk

BENT-OVER ROW

Areas trained: **UPPER BACK, BICEPS**

Technique

- Keeping a bend in the knees, hinge at the hips so your upper body is almost parallel to the floor, holding a barbell with both hands and your arms

- extended down towards the floor.
- Row the barbell up towards your ribs and squeeze your shoulder blades together as you go.
- Slowly lower and repeat.



SAFETY TIP
Keep a natural arch in your back and keep your spine long

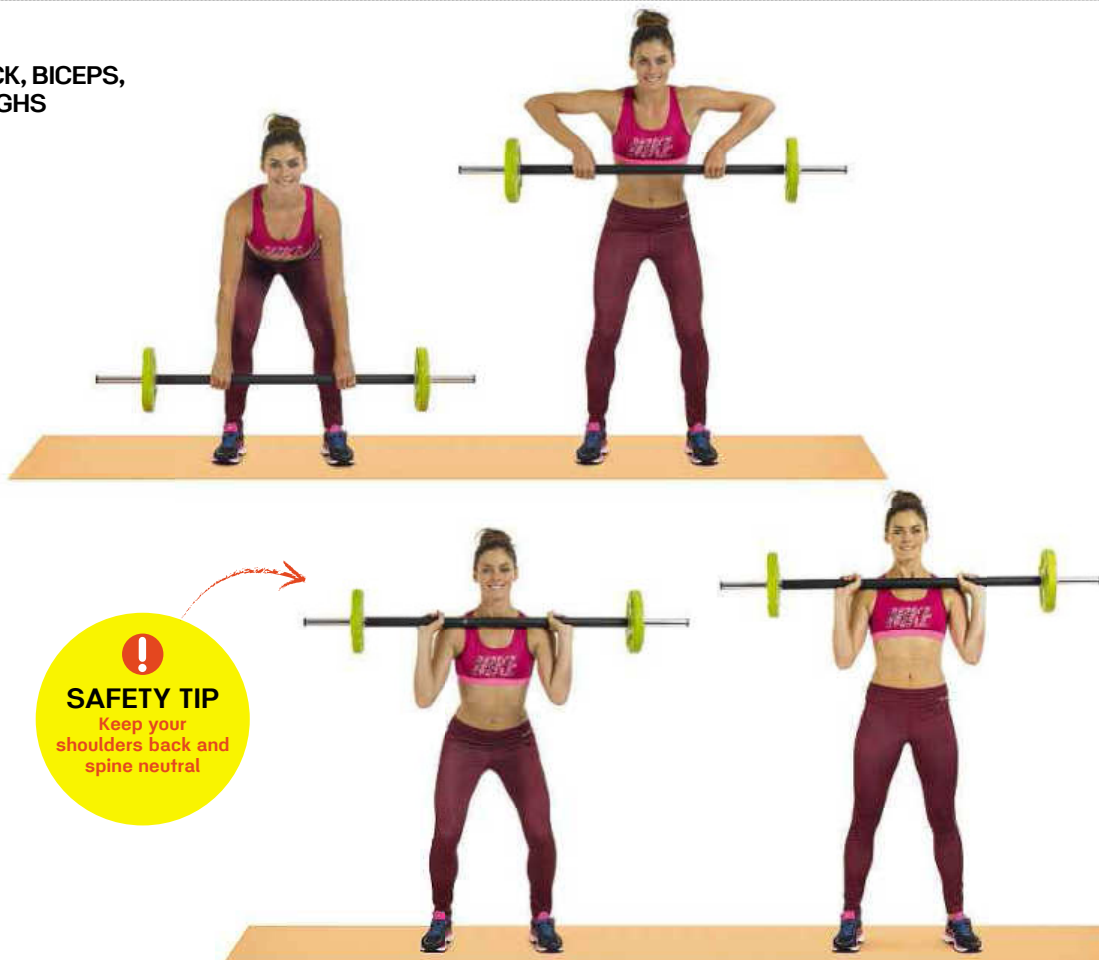


CLEAN

Areas trained: **BACK, BICEPS, CORE, BOTTOM, THIGHS**

Technique

- Holding a barbell in front of your thighs, bend your legs to create momentum, then row the barbell up towards your chin.
- Rotate your grip to drop your elbows under the barbell and then stand up straight.
- Reverse the movement and then repeat.



SAFETY TIP
Keep your shoulders back and spine neutral

Who's selling your favourite supplements the cheapest today?



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Plus save
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discount
codes!



The supplement comparison website.

The kettlebell swing

Thought kettlebells were a new gym craze? Well, the Russian army have been using them for years, and they could revolutionise your workouts

Not long ago kettlebells were somewhat of an oddity in the gym.

But these days, almost every health club has a set of them – some even run classes focused on them. But, even though they're now commonplace in gyms, people often get the basic moves very wrong, says Richard.

A favourite move when it comes to the kettlebell is the swing. 'It forms the base for all your kettlebell training, so before you try different moves, your swing has to be on point,' says Richard. Honing in on your swing technique could really pay off. 'If you get it right, you can go heavy and use the swing in your strength workouts to target your hamstrings, glutes and core,' adds Richard. 'Or you could reduce the weight, increase the reps and use the swing in your conditioning workouts.' It's important to remember that the movement mainly targets the lower body. 'You're not pulling the kettlebell up with your shoulders – instead, you're creating a force that does the work for you,' Richard explains.



MEET OUR EXPERT



Richard Tidmarsh is the owner and lead trainer of Reach Fitness London and trains international athletes including UFC fighter Jimi Manuwa, as well as celebs such as Millie Mackintosh and Jessie Ware. Check out Reach Fitness at r4reach.com or follow Richard on Twitter at @RichTidmarsh for news on his forthcoming training events, classes and seminars.



CLASSIC KETTLEBELL SWING

Areas trained: **BOTTOM, HAMSTRINGS, CORE, BACK**

Technique

- In a standing position, grip the kettlebell handle in an overhand grip and pull back your shoulder blades. The kettlebell will be just below your waistline.
- Put your weight back into your heels and then drop and pivot your hips backwards. Keeping your back flat at all times, move your weight forward, thrusting your hips back into a strong standing position. The speed and power of this movement should bring the kettlebell up to chest height, with your arms

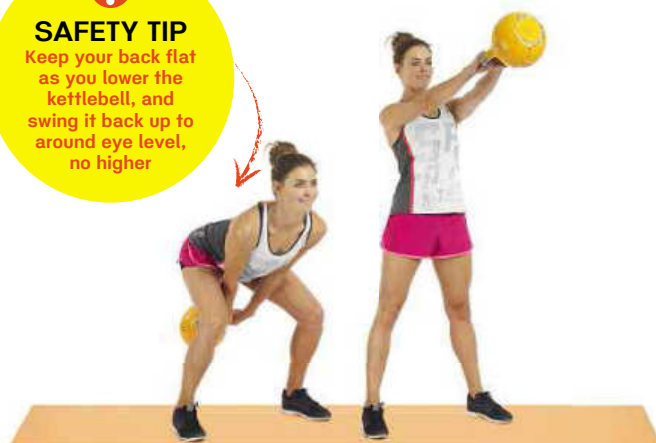
stretched out in front of you.

- This is where your core kicks in to control the swing back under you, with the kettlebell passing through your legs, before hitting the next repetition.
- Once you have this mastered, build up your weights. For strength training and to create some lean gains, you can and should go heavy on sets of swings between 6 to 10 reps. Get confident and then put down that 8kg plastic kettlebell. Get some chalk and swing heavy!



SAFETY TIP

Keep your back flat as you lower the kettlebell, and swing it back up to around eye level, no higher

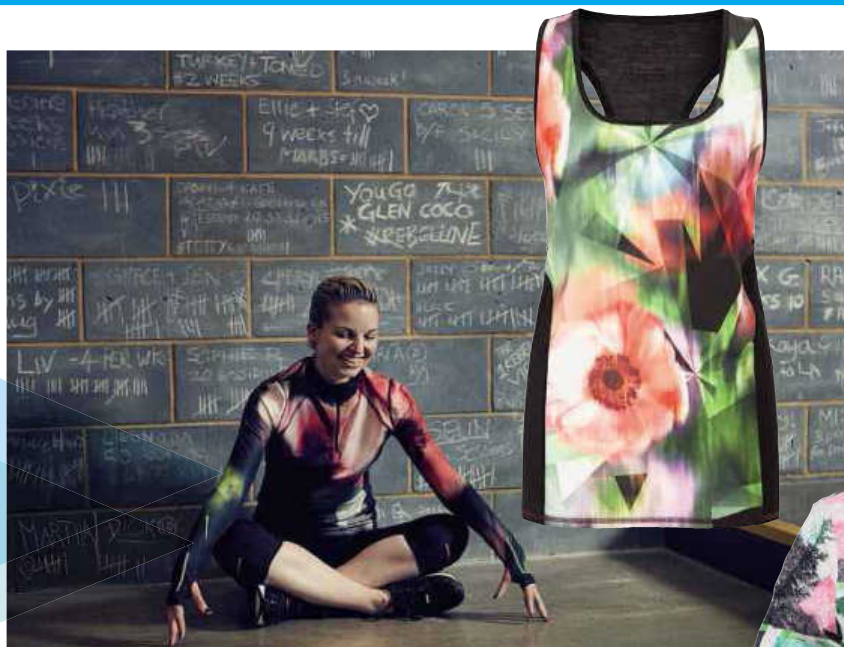


EXERCISE

Gym-class hero

Ted Baker's new activewear range is ideal if you like statement gymwear. The range includes printed leggings and great tops.

● From £49, tedbaker.com



Hit the slopes

The Volcom Bow Ins Gore-Tex Jacket looks super-swish and it'll keep you feeling snuggly on the slopes, too.

● £249.99, volcom.co.uk



#fit

The kit, gear and accessories we can't get enough of this month

Muscle magic

Sore after a session? Jack Black Dragon Ice is a recovery balm packed with soothing and pain-relieving ingredients to ease inflammation.

● £18.50, amazon.co.uk



Go-go gadget

The Sony Smart B-Trainer really is a clever little thing. Not just headphones, it also coaches you through your run. Plus the mic means you can record memos during a workout.

● £230, amazon.co.uk

Take it slow

Had a hard sesh? Neat Nutrition Slow Release Protein uses organic ingredients and natural flavourings to help you recover. Take before bed so it can get to work while you're getting some shut-eye.

● £34, neat-nutrition.com



Spot-on style

CW-X Stabilyx polka dot tights boast extra support in the knees and core to keep you stabilised during workouts.

● £114.99, fitness-cafe.co.uk



Step by step

If hiking's your thing, don't let your feet hold you back. The supportive, comfortable and super-cosy HJ Hall ProTrek Extreme Technical Walking Socks are a must for the mountains.

● £13.75, hj.co.uk



POOR ★★☆☆☆ GOOD ★★★☆☆ VERY GOOD ★★★★☆ EXCELLENT ★★★★★ OUTSTANDING ★★★★★



CR2 FASHION WEEK COMPILATION

► £5.99, Available on iTunes

I'm into techno and house music so this compilation, by Cr2 Records put together exclusively for Fashion Week 2015, was right up my street. The album features some of my favourite artists in the scene, such as Popof and Kölsch and has been a great addition to my routine. The upbeat tunes pushed me to work harder in the gym, kept me focused in the office and boosted me when I got home after a long day – it's the perfect track list! It has definitely made



my exercise sessions more enjoyable, I even tried practising dynamic yoga at home to the beat! The upbeat sound of the CD just makes me want to move, and keeps me feeling really energised and ready for business, no matter what. I would strongly recommend you grab a copy for yourself if you need a little workout motivation – or just an everyday boost!

STAR RATING:

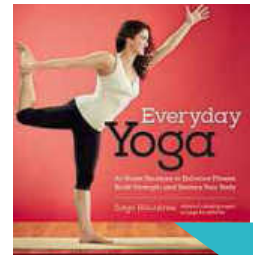
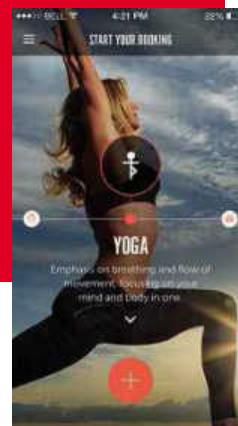
★★★★★

Daria Devyatkina

Too Trube

If you're getting bored of your usual gym, here's an app that you might just become addicted to! Trube connects you to qualified trainers across the UK who will come to whichever location you choose – your home or your local park – for a solo or group workout.

£65 per class, trubeapp.com



EVERYDAY YOGA

by Sage Rountree

► £15, cordee.co.uk

Avoid the hassle of travelling to yoga class and create your own routines in the comfort of your own home with *Everyday Yoga*, a lay-flat guide of yoga poses and routines. Sage Rountree is America's leading expert on yoga for athletes, and will help find the routine that's right for you and help you practise poses. Yoga is great for enhancing your fitness, building strength and restoring your body. Sage's poses will help you develop flexibility, balance and strength, and help you reconnect with your mind. The book also includes warm-ups and cooldowns and it can teach you how to design yoga poses to target specific areas.

STAR RATING:

★★★★★

Marianne seymour

reviews

All the latest releases tried and tested for you by team WF

READER REVIEW



MY PILATES GURU: PILATES EXERCISES FOR FITNESS, WELL-BEING AND RELAXATION

► £1.99 Hachette UK (LBS)

If you love Pilates, but want to practise in the comfort of your home, new health and fitness app

My Pilates Guru, could be just

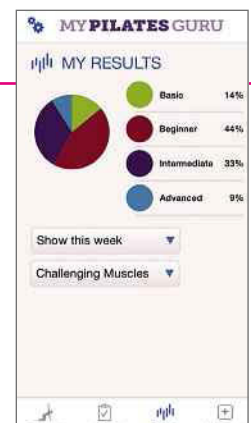
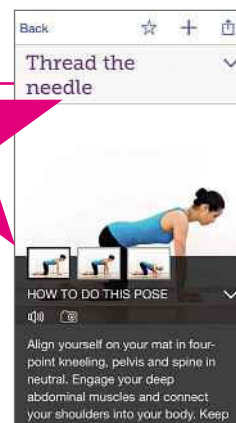
what you're looking for. It includes exercises for all abilities, with a choice of filters to help you pick which is the best exercise for you. Each pose is photographed at every stage, so now it's easier than ever to perfect that position without even stepping outside. With more than 90 positions to try, you'll be sure to find poses to suit you. They're handily divided into categories like: 'good for challenging muscles', 'cooling down' and 'joint mobility' to make sure there's something for everyone. You can even video your session and watch it back later to

review your progress. With over 25 ready made sessions and the ability to create your own, you'll be a Pilates pro in no time.

STAR RATING:

★★★★★

Rachel Loosley



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9-PAGE SPECIAL

LITTLE BLACK *dress*

56 SAY YES TO
THE DRESS!

59 THE LBD
DIET PLAN

62 FLAT-BELLY
WORKOUT

IT'S PARTY TIME!

Bring on the festivities! We've got the perfect plan to get you into that gorgeous dress asap so you can party the season away in style. Get ready for Christmas party, we're coming for you!

In association with:





GET PARTY READY IN

3 days

Prepare to look frock-fantastic
with our simple pre-Christmas diet

We love Christmas but we don't love the potential diet downfalls that seem to sneak up around the festivities. Mince pies, mulled wine, Champagne, canapés, chocolates – the list is endless. Don't get us wrong, we love our fair share of Yuletide indulgence, but we also aim to strike the perfect balance to safeguard our bodies against the dreaded January bulge.

Whether you've got a big Christmas party looming or just want to feel your best for the big day itself, our special three-day LBD diet will give you the kickstart you need to look and feel great. Our super-efficient LBD diet is realistic yet results-driven. The plan is essentially based around simple foods that have awesome slimming properties. You won't go hungry while you're on the diet, and meals can be whizzed together in minutes, meaning this diet is ridiculously easy to stick to.

The plan is based around cleansing foods to help you reap some amazing body benefits. These alkalising foods help to whittle away health concerns, such as fatigue, headaches and constipation, while switching your body into full-on cleansing mode to improve digestion and whisk away nasty toxins. Your body will be turned to full-on weight-loss mode and, while strictly speaking you will lose water weight rather than fat initially (given the plan lasts just three days!), you can still expect to see some impressive results – a flatter tummy, less cellulite, glossy hair and a brighter complexion. It's also a good start for eating healthily in 2016.

You won't go hungry and meals can be whizzed together in minutes'

We've also focused on high-fibre foods to fill you up, while leaving blood-sugar levels happy and stable. This means you'll suffer fewer cravings, your mood will be better and your concentration at an all-time high. We've plumped meals up with lean protein as it's a key slimming supercharger, good fats to suppress food cravings and small amounts of complex carbs to keep you energised. We've also piled on the vegetables, as they rank highly on the nutrition scale. To get you fired up, we've put together some simple rules to help guarantee success, so get reading!



10 LBD DIET rules

Beat your diet demons with these easy tips

1 Dump the junk

Five days before you start the diet, back off the booze, ditch junk food and cut out caffeine to give your body a head start to detox naturally. By ridding your body of as many toxins as possible, you'll have greater success.

2 Go herbal

Supplement your diet with lots of herbal teas, such as belly-flattening fennel, digestion-boosting peppermint and calming chamomile.



3 Drink water

Chugging water is one of the best things you can do to keep your tummy flat and your skin glowing. Aim for a minimum of 1.5 litres daily, making sure to sip a large glass before meals so you don't mistake thirst for hunger and wait half an hour after finishing your meal before drinking again in order to enhance digestion.

4 Eat early

Want to know how eating dinner can help you lose weight? By eating dinner early, no later than 7pm, you'll have fewer calories to burn off at night when you're least active.

5 Plan in advance

Before starting the diet, write down a list of the key foods you need to stock up on. An empty fridge means you're more likely to cave into cravings, while healthy food within easy reach will help you stick to your diet goals.

6 Take your time

Eating slowly may help you eat less. It takes 20 minutes for your brain to communicate feelings of fullness with your stomach, which means eating quickly could make you prone to overeating.

7 Read food labels

Make sure you're filling up your trolley with foods that are as virtuous as they look. Watch out for high levels of sodium, trans fats and sugar as these will hinder your clean-eating plans.

8 Have a good bedtime ritual

Getting adequate sleep will help to keep cortisol levels in check. This is important because when this hormone becomes unbalanced, you're more likely to suffer cravings.

9 Cut out salt

A high sodium diet makes your body retain more water, so ditch salt sprinkles for fresh or dried herbs and spices instead. Use these liberally to liven up food.

10 Keep a food diary

Logging meals and how you feel throughout the day will help you gain perspective on your diet and give you the motivation you need to make healthy choices.



Logging meals
will help you gain
perspective on
your diet and give
you motivation

THE diet

Want to look festively fab in just three days? Follow this super-simple eating plan for amazing results



DAY 1

BREAKFAST

Morning power porridge

60g porridge oats cooked with semi-skimmed milk, a handful of blueberries and 1tsp ground flaxseed.

MORNING SNACK

2 oatcakes with 2tbsp hummus.

LUNCH

Minestrone soup

A large green salad, one carton of minestrone soup and a seeded roll.

AFTERNOON SNACK

2tbsp Brazil nuts and an apple.

DINNER

Turkey with tomato salsa and veggies

Grilled turkey breast topped with tomato salsa. Serve with unlimited steamed kale and broccoli.

DAY 2

BREAKFAST

Healthy big breakfast

2 poached eggs with a large grilled tomato, 4 button mushrooms and an unlimited amount of asparagus spears.

MORNING SNACK

Handful of berries and 2tbsp walnuts

LUNCH

Pad Thai

Fry 1 onion and 1 crushed garlic clove and then add 1tsp tamarind paste, 1tsp fish sauce and the juice of half a lime. Mix in an unlimited amount of rainbow vegetables grated into ribbons, such as carrot and courgette, and then bean sprouts. Push to one side and then crack an egg into the frying pan. Stir the egg until it resembles a broken omelette and mix altogether with the other ingredients. Top with mixed nuts and lime wedges. →

Sneaky shortcuts

Stay on the health wagon throughout the party season with these strategies

1 HAVE A PRE-PARTY MEAL

Fill up on a small healthy snack, such as Greek yoghurt mixed with a selection of fruit, before you head out, so that you're not starving hungry when you get to the party.



2 DRINK SMART

Throughout the evening, alternate each alcoholic drink with a glass of water to help slash your consumption of empty calories.



3 CHOOSE WISELY

Simple swaps, such as raw veg and dip instead of crisps, a salad instead of carbs or fruit in place of a chocolate dessert, will all help you to save calories without depriving yourself.





AFTERNOON SNACK

2 wholegrain rice cakes topped with 2tbsp guacamole.

DINNER

Chicken breast with Mediterranean-style vegetables

Season an unlimited amount of courgette, aubergine and tomato with 1tsp dried, mixed Italian herbs, and arrange on a baking tray alongside 1 skinless chicken breast. Roast in the oven and serve with a green salad.

DAY 3

BREAKFAST

Winter berry smoothie

Blend 250ml almond milk with a handful of raspberries, 2tbsp mixed seeds, 1 scoop whey protein and a pinch of cinnamon.

MORNING SNACK

Unlimited cucumber and celery sticks with 2tbsp low-fat Greek yoghurt.

LUNCH

Parsley and tuna fishcakes with salad

Mash together a small tin of tuna in water with $\frac{1}{2}$ a steamed


sweet potato and a handful of peas and chopped parsley. Shape into two patties and pan-fry until golden. Serve with 1 sliced beetroot, unlimited mange tout and baby sweetcorn.

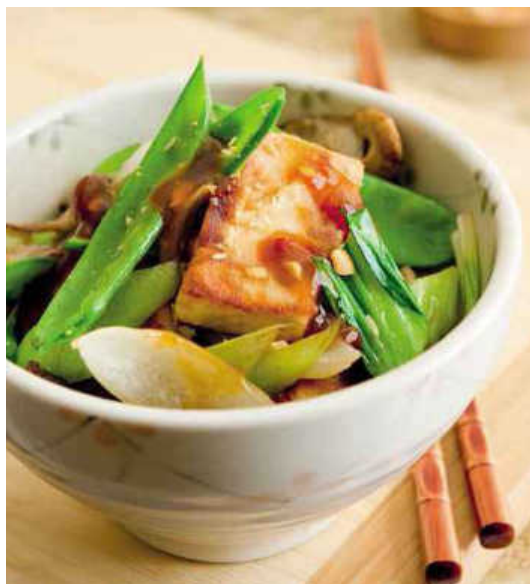
AFTERNOON SNACK

1 chopped pear topped with 1tbsp almond butter.

DINNER

Tofu vegetable stir-fry

Stir-fry 100g cubed tofu with a packet of mixed stir-fry vegetables. Season with lime, 1tsp soy sauce and 1tbsp flaked almonds. 



Top 5 wonder foods

Fire up your diet with these little helpers

1 KALE

The mother of all greens, kale is super-detoxifying and contains high levels of vitamins C and K.



2

ALMONDS

Raw almonds are packed with protein and good fats, which help to ward off hunger pangs.



3 BLUEBERRIES

Blueberries are one of the best fruits for dieters as they are low in sugar. They also contain elevated levels of antioxidants called anthocyanins, which help to keep skin healthy.



4 OATS

Porridge oats contain a substance called glutamine, which has a naturally soothing effect on the digestive system. Oats are also naturally high in fibre, to keep you feeling fuller for longer.



5 YOGHURT

A healthy tummy equals a happy tummy, and given its naturally high probiotic content, snacking on natural Greek yoghurt is one of the best ways to keep your digestive tract on form.



DEFINE, TONE & STAY LEAN

#CHALLENGEYOURSELF



IT'S FREE TO ENTER THE USN
BODY MAKEOVER CHALLENGE
VISIT US AT USN.CO.UK FOR INFORMATION.



CUT DOWN ON CENTIMETRES
AND YOUR WEIGHT
WITH XÉDRA-CUT ULTRA XT
CLINICALLY RESEARCHED ULTRA THERMOGENIC
*GLUCOMANNAN CONTRIBUTES TO WEIGHT LOSS

USN

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INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-RESTRICTED EATING PLAN AND REGULAR EXERCISE.

Ab- solutely fabulous!

Get rid of your gut in time for party season with this fat-burning, tummy toning workout

Along with festive decorations, family time and lots of pressies, Christmas is all about the indulgent foodie treats.

But with parties left, right and centre, we know you'll be wanting to look your best, in spite of the feasting, and to do that you're going to have to train smart – and not go too wild on the mince pies!

If you want to glide through Christmas feeling smug in the knowledge that you're rocking a super-toned tummy under that party dress, then your workouts need to be all about the fat burn. High-intensity circuits that incorporate the body's big muscles are key. It might seem a bit counterintuitive

to beast your legs, bum and back in order to get your stomach looking slender, but you can't spot target fat, so full-body fat loss is the way to go. Total-body workouts done at a fast pace will raise your metabolic rate and strip that layer of fat from your belly. Then finishing off with a few tummy toners will be the cherry on top.

HOW TO DO IT

Perform 10 reps of each move in the full-body circuit. Do the moves back to back without rest. Then go back to the start and perform each move for eight reps. Do the same circuit for six reps,

four reps, and finally two reps. Take a minute's rest then perform 10 reps of each move in the abs circuit without rest. Rest for 1 minute. Then go back to the full-body circuit

and repeat the entire plan for the sets for your level.

Beginner: 2 sets

Intermediate: 3 sets

Advanced: 4 sets

FULL-BODY CIRCUIT

STEP-UP

Areas trained: **BOTTOM, LEGS**

Technique

- ▶ Holding a barbell that's resting on your upper back, stand with one foot on a step in front of you.
- ▶ Drive up to straighten your

front leg by stepping your whole weight onto it.

- ▶ Lower and repeat. Perform the allotted reps on each side to complete a set.

SAFETY TIP
Keep your posture upright and back strong



THRUSTER

Areas trained: **BOTTOM, QUADS, SHOULDERS, TRICEPS**

Technique

- ▶ Hold a barbell in front of your shoulders with your elbows tucked

underneath.

- ▶ Bend at your hips and knees to lower your bottom as close to the floor as possible.

- ▶ Extend your legs to stand up and use the momentum to push the barbell overhead.
- ▶ Lower and repeat.

SAFETY TIP
Keep your chest up and weight in your heels



KETTLEBELL SNATCH

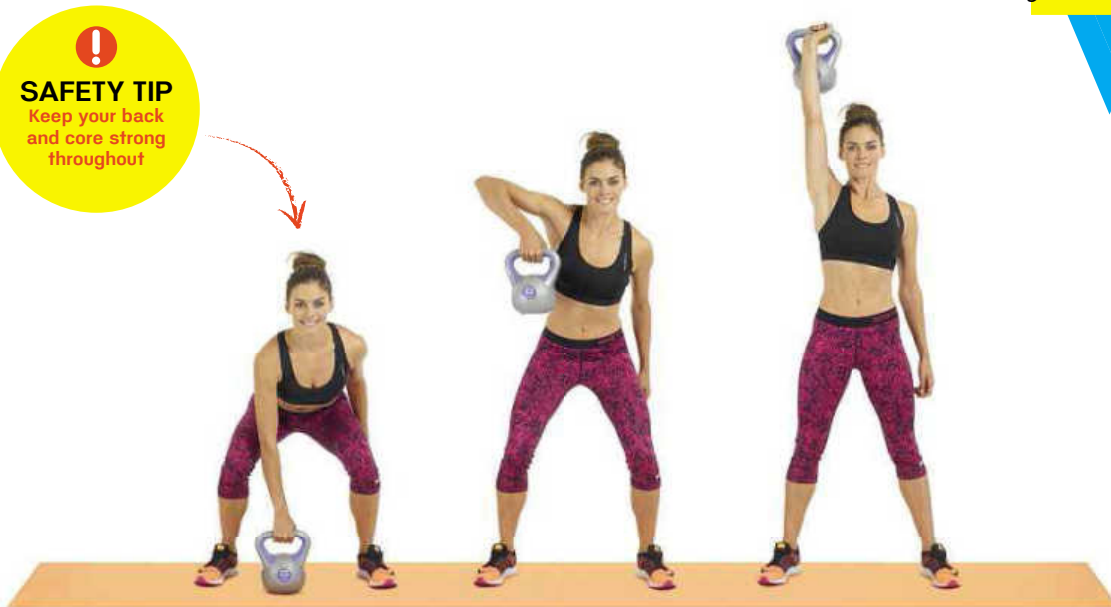
Areas trained: **BOTTOM, LEGS, BACK, SHOULDERS**

Technique

- Holding a kettlebell in one hand, bend at your hips and knees to take the kettlebell between your legs.
- Explosively extend your body and drive the kettlebell toward the ceiling, using the power from your lower body.
- Remember to keep the kettlebell close to your body throughout the move.

'Full-body workouts, done at a fast pace, will raise your metabolic rate and strip fat from your belly'

SAFETY TIP
Keep your back and core strong throughout



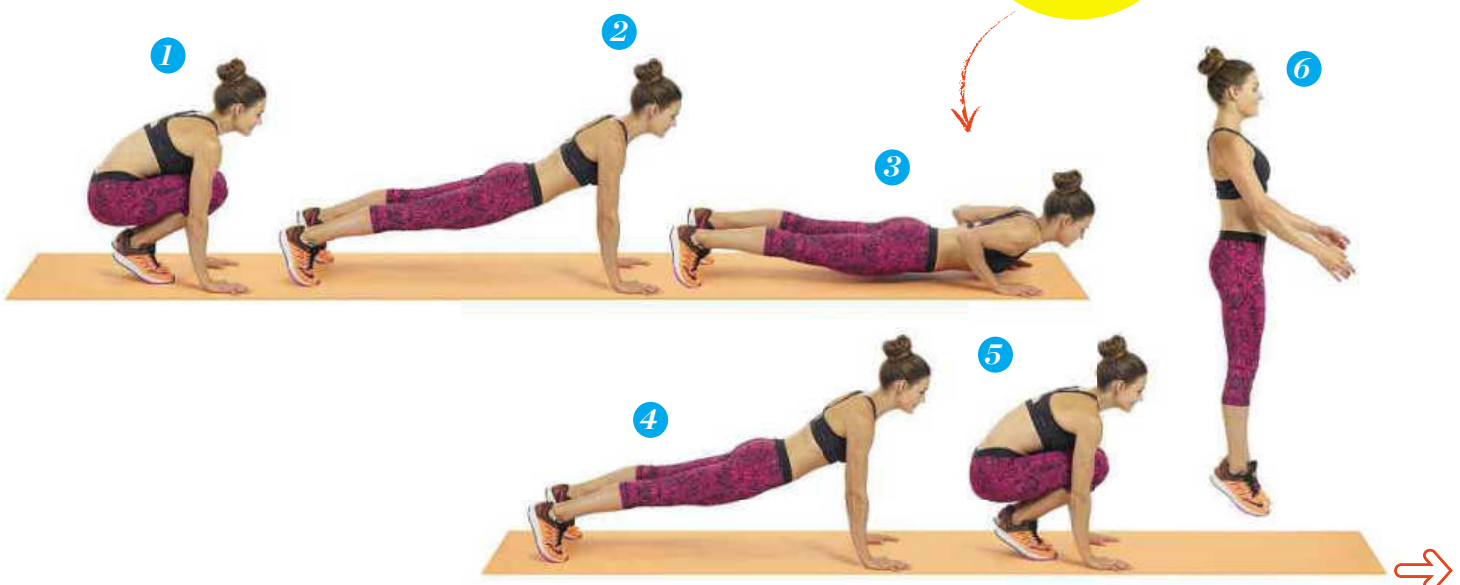
PRESS-UP BURPEE

Areas trained: **BOTTOM, LEGS, CORE, CHEST, TRICEPS**

Technique

- Crouch down and place your hands on the floor by your feet.
- Jump your feet back to bring your body into a plank position.
- Bend your arms to lower your chest towards the floor, then push back up, performing a press-up.
- Jump your legs back to the start.
- Jump up as high as you can, then land softly before crouching down, straight into another rep.

SAFETY TIP
Keep your hips in line with the rest of your body when in the press-up position



ABS CIRCUIT

RUSSIAN TWIST

Areas trained: **STOMACH, SIDES, CORE**

Technique

- Sit with your feet slightly off the floor and your upper body reclined, holding a kettlebell in front of your chest.
- Twist your upper body to bring the kettlebell towards the floor, then reverse the movement.
- Repeat the move fluidly.

SAFETY TIP
Keep a natural arch in your back and don't hunch your upper back



PLANK SHOULDER TAP

Areas trained: **CORE**

Technique

- Start in a plank position with your hands under your shoulders.
- Keeping your body still, and without tilting your hips, tap your left shoulder with your right hand.
- Bring your hand back to the floor and repeat on the opposite side to complete one rep.

SAFETY TIP
Keep your body in a straight line throughout and don't let your lower back over arch



BICYCLE CRUNCH

Areas trained: **STOMACH, SIDES**

Technique

- Lie down on the floor with your hands touching your temples.
- Crunch your upper back up and twist your body to bring your right elbow to meet your left knee. Keep your opposite leg straight and hovering just above the ground.
- Twist the other way to bring your left elbow to meet your right knee as you extend the left leg. This is one rep.
- Keep the motion going continuously. Don't let your upper back or legs touch the ground at any point.

SAFETY TIP
Keep your neck strong and long throughout



STABILITY BALL PIKE

Areas trained: **STOMACH, CORE**

Technique

- Start in a plank position on your hands, with your feet behind you on top of a stability ball.
- Extend back to the start and repeat.
- Roll the stability ball towards your hands, keeping your legs straight and allowing your body to fold at your hips.

SAFETY TIP
Don't let your hips drop lower than the rest of your body at the bottom of the move





USN

Ace your hot-body goals!

Brand
new and
coming
soon!

It's time to make your workouts work harder as you shape up for party season



Getting you looking and feeling fab in your LBD this year is our number one priority! Our speedy workouts and meal plan will help you on your way, but there are a few extra things we like to do to really boost our results!

REFUEL, REPAIR AND RECOVER

The festive season is packed with parties and fun – and not that much time to fit your workouts in and keep healthy eating on track – so it's vital to look after your body. To complement your workouts it's a great

idea to support your hard-won muscle goals with a high-quality whey protein. With 25g of quality whey protein and just 1.4g of sugar ISOLEAN is a great low-calorie way to support your body shape goals and repair your muscles post-workout. It's available in four scrumptious new flavours; Cookies and Cream, Strawberry Cheesecake, Cherry Bakewell and Vanilla.

Keeping your blood sugar in check is also a great way to stay on top of your weight-loss goals. So, we love the new Whey Wafers for guilt-free

snacking. Made of a craving-busting 41% protein, and available in Yoghurt and Vanilla, they'll keep energy up and the munchies at bay!

SUPERFOOD BODY BOOST

Plus, you're going to love the new twist on coconut water. ISO CO is nature's hottest superwater, combined with 19.5g high quality protein and it comes in three flavours; Grapefruit-Orange, Strawberry-Banana and Mango-Pineapple. We love this low-fat and low-sugar sip. Look out for the new range coming soon!

Visit usn.co.uk to learn more about the products

actionforcharity



women V cancer

Cycle Brazil

29 September – 9 October 2017

Join the next Women V Cancer cycle challenge in Brazil and raise funds to fight breast, cervical and ovarian cancers



For information and to register online:

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Raising
funds
for these
charities:

breast
cancer
care

Jo's cervical
cancer trust



ovarian
cancer action

Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/ SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369. To take part you need to pay a registration fee of £299 and raise minimum sponsorship funds of £3,300.



dreamchallenges



Features

68 Fitness heroine // **71** The ultimate fitness gifts! // **76** Hot lust-worthy accessories

CHRISTMAS IS COMING!

Ooo there's pretty much only one thing we love more than mince pies and parties at this time of year and that's prezies!! So to help you with the annual shopping extravaganza and to make sure Santa ticks all the right boxes on Christmas morning we've put together our pick of the best fitness and wellbeing gifts out there.



Rochelle loves riding out with her Wiggle Honda team girls



Team work in action!

TWEET
@RochelleGilmour



Have there been any issues?

Towards the end of the women's tour in the UK there was a lot of tension between the athletes, and I had to try to work out what that was – it was the pressure building because of the buzz and media. The girls came second and felt so under pressure. I had to take that pressure off by explaining that we can't win everything. I needed to reassure them that they were not letting me down and that they just have to do the best they can.

Do you enjoy riding with the team?

Yeah that's what I love, being on the bike with them. It's our natural environment, and when we are most relaxed, so that's when I can have a proper conversation with them. It's a time when they don't feel judged. It is a family and we have been able to put together a team based on personality, which has made it work so well.

What makes a successful team?

The mix of personalities of the staff and athletes is what it comes down to.

What is it that inspires you?

The athletes. There are athletes who know what they are doing but there are others with whom you need to work hard. We need to develop them and educate them. It is very satisfying, influencing the career of an athlete, providing for them and seeing them reach their full potential.

What does the future look like for women's professional cycling?

We have made big steps in the last two years, with even more races running alongside men's races. There are a lot of positive things happening in cycling and more TV broadcasters are keen to show it. The gap is closing. In the next five to 10 years it's going to be a very well recognised sport. A lot of people are fighting to get it to a level that is satisfactory. **W**

'I spend time with the girls before they race to make them believe'

Founder of the Wiggle Honda Professional Women's Cycling Team **Rochelle Gilmore** talks to *WF* about pressure under the spotlight

The 16-strong Wiggle Honda Women's Professional Cycling Team came second in 2015's La Course by Le Tour de France. We spoke to the team's manager, Rochelle Gilmore, to find out what makes them so successful.

How did you get into pro cycling?

I played different sports with my brothers, but when I was 15 and still in school, I was identified

through a government programme that scouts schools for talent. I was selected as one of two women to represent Australia. I'd raced BMX for 10 years, but it wasn't an Olympic sport so I chose cycling.

What does your role now involve?

My role is to make sure the athletes are in the right frame of mind and I spend time with them before a race to try to understand

their fears and to reinforce their confidence in their tactics; to make them believe in themselves.

How did this year's La Course differ from last year's?

Last year we were underestimated, but this year we went in as favourites with a lot of pressure. It was one of the biggest races on the women's calendar and we were in a position where we could win it. Everyone was very nervous – I was needed much more this year; the girls want to know they've got that support if something goes wrong and that I'm there to work it out.

DISCOVER MORE Wiggle Honda is sponsored by Wiggle, the UK's largest tri-sports retailer. Visit wiggles.co.uk and wigglehonda.com to find out more

PROMOTION



Whatever your fitness or hot-body goals may be, including protein in your diet will make achieving them a whole lot tastier, and easier!

GO THE WHOLE WHEY!

If you're striving for a PB or trying to slim down, adding Whey Isolate to your meals could help. For those wanting to drop a dress size or two Whey Isolate is a great choice. It contains fewer extra calories from fat and carbohydrates, helps to keep you feeling full and it's a high-quality whey, which also contains the leading levels of BCAAs, which helps support lean mass while targeting fat – what's not to love!? If a hectic training schedule keeps you busy then adding Whey Isolate is a great way to make your workouts work harder. Adding a scoop to a post-session smoothie not only speeds up your recovery but also gives you instant sports nutrition. Winning!

HEALTH HEROES

If you like your nutrition to work hard then adding 100% Pure Whey and its higher levels of bioactive peptides and vitamin B6 is an easy choice! Rather than reaching for a sugar-laden option at brekkie, a scoop of 100% Pure Whey added to your breakfast will do the trick. The protein boost will help protect your hard-earned muscles while supporting fat loss and the ingredients are seriously clean – they are aspartame free.

Supercharge your meals!

With a little help from a small but powerful ingredient!

In association with



100% Whey Isolate and 100% Pure Whey available at multiplier.com

HEALTHY, FAT BURNING BLACK FOREST SHAKE

Low calorie, high nutrient healthy protein shake with phytochemicals. Green tea adds a little boost of caffeine, theanine and EGCG

- 1 Serving MultiPower Rich Chocolate 100% Whey Isolate
- Small handful baby spinach
- 5 to 6 frozen cherries
- 3 ice cubes
- 200ml green tea
- Combine ingredients and blend well

DIET AND PERSONAL BEST



CAFE CUBANO

High protein breakfast coffee or coffee break shake: caffeine and protein in one, low-fat, low-sugar hit

- 1 Serving MultiPower Coffee Caramel 100% Pure Whey Protein
- 1 shot espresso (or 2 tsp instant coffee)
- 100ml water or low-fat milk plus 3 ice cubes
- Combine all the ingredients and blend

HEALTHY ON THE GO





BODY TOXING

*We Will Also
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Mask To Take Home
And Use For
Another Facial At Home.*

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This facial is unique compared to the usual salon: which use electronics and chemical based facials. We are going back to the simpler stages of beauty using our natural organic hand made to order face masks

THE TREATMENT...

Consultation-Cleanse, iScrub, Steam, Blackhead Removal, imask, Itone and iMoisture.

It is as simple as it sounds, so you would think! It is less time consuming for you although more beneficial to you. you pick a mask and we do all the hard work. We create all of the products used in this facial. Beginning with the cleanse to remove your skin of dirt and oils then the iScrub (exfoliant) this aids the masks to sink further into your skin as well as removing dead skin cells, followed by facial steam, blackhead removal and fruity imask of your choice, spritzed with our itoner finishing with swift facial massage with our imoisturiser. Quick, simple and hugely beneficial.



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WITH VOUCHER NOW £15.99

BLACK DIAMOND CAVIAR FACE MASK
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WITH VOUCHER £70.00

THE BENEFITS:

- Relaxing
- Softer skin
- Stimulating the blood flow to aid the flow of oxygen
- Aids a supply of nutrients to the skin
- Helps with dull, lifeless and congested skin
- Maintains the tone of the underlying muscle, therefore preventing lines from forming
- Helps the skin natural elasticity
- Contributing to cellular regeneration
- Youthful appearance
- Prevents imperfections
- Keeps the skin supple easing tension lines
- Give a healthy looking glow
- Further benefits according to the mask of your choice

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www.bodytoxing.com

THE ULTIMATE CHRISTMAS GIFT GUIDE

Looking for a little gift-spiration?
We've searched far and wide to bring you
the best present ideas for Christmas 2015

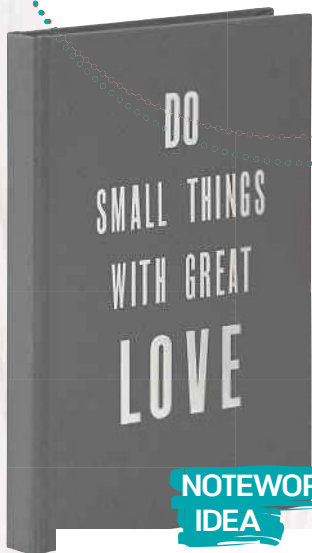
Whatever your buying budget, we've
handpicked a selection of must-have
Christmas gifts for you to choose
from that are perfect for health and beauty buffs.

Or maybe you're looking for some ideas for your
own wish list? In that case, grab a cup of tea, sit
down and sift through the pages until you find
something you like, then conveniently leave it
open on that page for family and friends to see.
And if that doesn't work, then maybe
you'll just have to treat yourself...



FEATURES

For
under
£25...



NOTEWORTHY IDEA

This slogan notebook is the perfect place to jot down precious thoughts and ideas.

● £15, thewhitecompany.com



GIVE A LITTLE LUXE

Skin will look and feel replenished with this fabulous Amber Rose Body Lotion from Fortnums. It's an exclusive, so grab it as soon as you can.

● £22, fortnumandmason.com



GET FRUITY

Adding chopped fruit to the piston in this water bottle will give water a fruity infusion.

● £14, notonthehighstreet.com



A SCENTS-IBLE GIFT

The collection of Royal Apothic Eau Du Parfum is based on centuries-old formulas that were created for European royalty. Perfect for a post-gym spritz.

● £15 each, anthropologie.com



STEP IT UP

Work out in style with this bright blue, all-purpose Reebok Fitness Mat.

● £24.99, johnlewis.com



BAG IT UP

Yoga mats can be tricky to transport. Luckily this special GaiaM Harmony Tree Yoga Mat Bag is just the ticket.

● £16.99, amazon.co.uk



FOR PRETTY BIRDS

This cute, flamingo-print cosmetics bag by Bagsy is the perfect new home for make-up bits.

● £15, feelunique.com



SOOTHING STUFF

The organic moisturiser and body oil in this Post-Workout Recovery Set by Organic Trevarno will ease sore muscles. Perfect for fitness fans.

● £15, notonthehighstreet.com



CRANK UP THE VOLUME

Portable speakers are so useful. Sync Goodman's GDSB02BT20 20W 2.0 Speaker Bar Theatre System with Bluetooth to add extra volume to your home workouts, or cook to music in the kitchen.

● £24, amazon.co.uk



FRESH AND FESTIVE

The Orla Kiely Geranium Wash Bag Gift comes complete with nourishing body wash and lotion, packed with a blend of 10 essential oils.

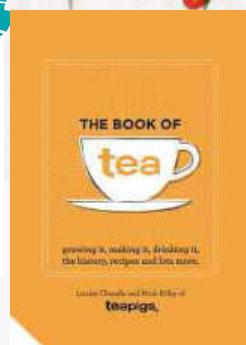
● £24, amazon.co.uk



TEA-ING OFF

Know a tea lover? The Book of Tea is packed with interesting stories about tea and its history, as well as recipes, tips and more. It'll look great on someone's coffee table!

● £25, teapigs.co.uk



MAKE THE CUT

A budding chef is only as good as his or her knives, so treat a special someone to this Taylor's Eye Witness five-piece knife set, boasting antibacterial and non-stick coating.

● £50, bakewellcookshop.com



IN THE HAIR TONIGHT

You might not be able to give the gift of good hair, but a Percy & Reed Simply Sumptuous Kit with Volumising Shampoo and Conditioner and Wonder Balm can certainly help.

● £30, Marks & Spencer



MAKE IT GROW

Know someone with green fingers? This Wild & Wolf V&A Watering Can will brighten up their gardening day, come rain or shine.

● £34.95, bloomsburystore.com



MERRY MUNCHING

Make that chocolate offering extra special this year with a Prestat Christmas Box. Posh chocolates at their best.

● £25, prestat.co.uk



REST YOUR HEAD

This Ian Snow retro print cushion cover will make any homebody happy, while the reindeer motif adds a touch of the season all year round.

● £29.90, amazon.co.uk



DON'T SWEAT IT

Happy Plugs Sports Headphones – aside from being beautifully designed – are sweat-proof, so you can hit those workouts hard to the soundtrack of your choice.

● £39.99, happyplugs.com



ALL THINGS NICE

A whisky and water-scented hand wash and fireside shower gel make the perfect Christmassy combo in this Noble Isle Fire and Spice set.

● £30, nobleisle.com



For under
£50...



FEATURES

RUN FREE

Ready to pump up your run? The Jabra Move Wireless on-ear headphones look sleek, sound crisp and are free of pesky cords, so get ready to power up!

● £79.99, jabra.co.uk



For £50 - £100...

DON'T SWEAT IT

This cute slogan sweater by Gem&I will be a new wardrobe fave. Pairing it with denim gives an understated chic look.

● £72, fashercise.com



WATCH ME GO

Track your PBs straight from your wrist with this quirky running Baby-G watch. It records up to 60 laps and is water resistant to 200m!

● £80, casioonline.co.uk



SMOOTHIE CONNOISSEUR

If you know someone who's never without a fresh juice in-hand, the Braun Identity Jug Blender was made for them. Just don't forget to ask them to make two!

● £99.99, braun.com



CARRY ON

Looking for a casual yet stylish all-purpose bag? This faux snakeskin Adidas backpack is as handy as it is chic, with a separate laptop compartment and three outer zip pockets.

● £65, adidas.co.uk



DANCE READY

We've never wanted to get into a leotard so much. From the trendy colour combo, to the cut-out and mesh panels and the sculpting design, this Passe Dance Leotard from Sweaty Betty has our hearts.

● £75, sweatybetty.com



A SHOE IN

Treat someone (or yourself) to a cute pair of Nike Roshe Flyknits. We love the pastel blue option, which work well with loads of outfits.

● £95, footlocker.eu



PEACE AND LOVE

The Dreamer yoga mat from La Vie Boheme is the ultimate luxury present for a keen yogi. The designs are influenced by travel, culture and the Californian beach life.

● £89, copeactive.com



RIDE IT

Team WF is lusting over these biker-inspired Olympia leggings. No doubt they will be worn a whole lot more than just to the gym or studio...

● £95, fashercise.com



SALON STYLE

With four different curling styles, Remington's Silk Ultimate Styler is perfect for glam gals and party-goers. The only question is, which style?

● £59.99, uk.remington-europe.com



A JUICY IDEA

Know a total juice fiend? With this L'equip 215 XL Juicer, they'll be juicing those January blues away in no time.

● £129, ukjuicers.com

COLOUR POP

Winter workout sessions stay chic with the help of these fabulously bright pink capris by Charli Cohen.

● £175, thesportsedit.com

JUNGLE FEVER

Keep gadgets protected but pretty, with this Filofax iPad Mini case in stunning cream and black faux snakeskin print.

● £135, filofax.co.uk

For
over
£100...

THINK PINK

Countdown to midnight in style this New Year's Eve with this pretty, dusky pink watch from OWL.

● £120, owlwatches.com

LET THE MUSIC PLAY

These sweat and water-resistant Beats by Dre Powerbeats2 headphones can be teamed with a mobile phone to play your music wirelessly.

● £169.95, apple.com/uk

ONE TO WATCH

The cute GPS running watch from TomTom is the perfect PB tracker.

● £139.99, tomtom.com

CURL POWER

Look effortlessly gorgeous for those Christmas parties by creating long-lasting curls in seconds with the BaByliss PRO Red Perfect Curl. Getting ready has never been so easy!

● £139.99, sallyexpress.com

LOOKING ROSY

The GHD straightener in a gorgeous rose-gold hue keeps locks sleek and sexy.

● GHD Rose Gold Styler Gift Set, £130, very.co.uk

TIME FOR BUBBLES

If you're looking to splash out this season, try this vintage Perrier Jouet Belle Epoque Champagne 2006 to really make parties fizz. We love the gorgeous design on the bottle, too!

● £130, ocado.com



- Top, £18, Ellesse
- Bottoms, £50, Nike
- Socks, £9.99, Stance
- Shoes, £59.99, Tamaris
- Headphones, £279.95, Monster

GOLDEN TOUCH

Add the final flourishes to your favourite fitness looks with our pick of the need-it-now metallics

Opposite page

- Top, £75, Wellicious
- Leggings, £215, Lucas Hugh
- Shoes, £49, Victoria
- Rucksack, £35, Converse

This page

- Top, £75, Every Second Counts
- Tights, £75, Nike
- Bands, £49.95 each, Fitbug
- Helmet, £49.99, Lazer









Opposite page

- Vest, £55, Wellicious
- Leggings, £90, SukiShufu
- Boots, £55, Victoria
- Bag, £135, Pauls Boutique
- Fitness band, from £131.99, Huawei

This page

- Hoodie, £75, Nike
- Earphones, £24.99, Happy Plugs

STOCKISTS

Beats by Dre
uk.beatsbydre.com
Converse **polyvore.com**
Ellesse **jdsports.co.uk**
Every Second Counts
everysecondcounts.co.uk
Fitbug **fitbug.com**
Happy Plugs **happyplugs.com**
Huawei **amazon.co.uk**
Lazer **lazersport.co.uk**
Lucas Hugh **lucashugh.com**
Misfit **johnlewis.com**
Monreal **monreallondon.com**
Monster **selfridges.com**
Nike **nike.com**
Pauls Boutique
paulsboutique.com
Saucony **saucony.co.uk**
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BEAT MIGRAINES NATURALLY

If you suffer with migraines, the next time you feel one coming on you might want to cook up a ginger-flavoured feast or reach for the ginger tea. This warming little beauty, which has long been a favourite for treating morning sickness and arthritis, has proven itself to be an efficient remedy for migraine sufferers in a clinical trial published in the *Phytotherapy Research* journal.

The study was conducted on 100 acute migraine sufferers. Patients were given 250mg powdered ginger root or a 50mg capsule of top-selling drug Sumatriptan. The patients weren't aware which remedy they took, and results showed both Sumatriptan and ginger powder decreased severity by 44% in two hours, while slightly more of the Sumatriptan-taking patients (70% versus 64%) achieved 90% migraine relief after two hours.

Not only is the natural remedy around 3,000 times cheaper than the medicine, it also has fewer side effects!



'It's common for your sex life to go a little stale when the dark, cold nights set in'

Beat a sex slump

Get in the mood for romance with our natural libido-boosting tips

If you had to choose between an extra 20 minutes under the duvet before getting up for work or having a quickie with your partner, which would win out? If hitting the duvet wins hands down, you might need a little boost in the bedroom department.

Figures from natural libido booster Pharma Nord Lady Prelox suggest that eight out of 10 women will experience a loss or lack of libido at some point in their lives, and it's common for your sex life to go a little stale when the dark, cold nights set in. So, if your love life needs a bit

of a boost, there are some quick and natural ways to spice things up. Sex? Yes please!

9 steps to bring back the spark Heat things up in the bedroom for a better sex life, pronto!

1 Go herbal

Want to take things up a gear? Chinese medicine, which addresses the pathological causes first and then treats the symptoms, could massively help to kickstart your libido. According to John Tsagaris, a wellbeing and Chinese medicine practitioner, a hormone imbalance could cause a dip in sex drive, but a traditional Chinese medicine could help to rectify this. 'Low libido is particularly common during the hormonal changes of perimenopause and menopause. One of the key herbs that could help normalise hormones is Ashwagandha. 'This is one of the oldest Oriental sexual stimulants and adaptogens, which allows the body to regulate itself, bringing a natural balance. It supports sexual health and

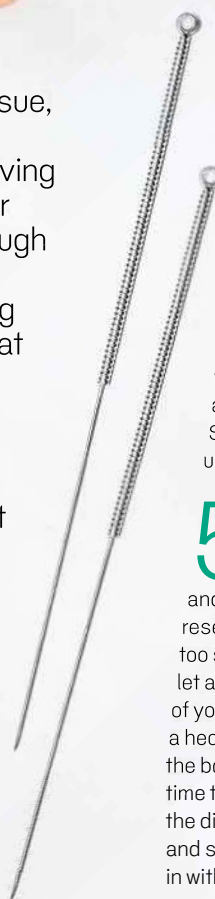
vitality by increasing blood flow and reducing bodily tension,' explains John.

2 Minimise stress

There's nothing like stress to kill the buzz in the bedroom, so it's important to have some time out to relax, maintains Dr Pam Spurr, a psychologist. 'Try a new hobby such as yoga or Pilates to unwind. Go for a short walk after work to help you re-energise and clear your head of daily stresses,' she suggests. 'Being active also releases mood-enhancing hormones, so you feel happier and sexier, too.'



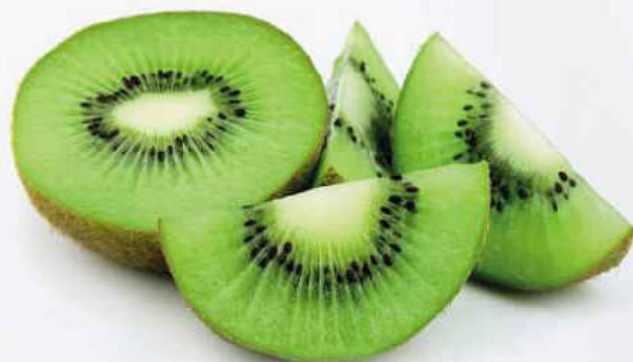
3 Try acupuncture
Whatever your issue, acupuncture can probably treat it! Removing blocks to help your qi or vital life force flow through your body can help eliminate the underlying pathological factors that could be causing a no-mojo libido. 'When your body has an imbalance of energy, particularly in the heart and kidney systems, it may experience low libido, infertility and vaginal dryness,' explains John. 'Acupuncture helps to resolve these problems, recovering the balance in the reproductive area.'



4 Tweak your partner's diet
Looking to conceive and to boost your sex life, all in one go? It turns out 'going organic' might just be the remedy you and your partner need. In 2014, scientists at Harvard University confirmed that men eating food that contained high traces of pesticides had around a 50 per cent lower sperm count, while a separate study by Newcastle University found that organic fruit and veg contain more beneficial nutrients and also four times less pesticide residue. So load up on organic fare to help turn up the heat in the bedroom.

5 Fit in time for romance
Between the depressingly cold weather, working late and trying to fit in something that resembles a social life, we're often too shattered for romance. But don't let a busy routine get in the way of your sex life. If you're having a hectic week and leaving sex at the bottom of that to-do list, it's time to give yourself a break. Skip the dinner date with your bestie and schedule a romantic evening in with your partner instead.

6 Give your body a health upgrade
A nutrient-rich diet can have powerful aphrodisiac effects, while being overweight naturally curbs your libido. 'Obesity is also a risk factor, so try to eat a balanced diet with plenty of fruit and vegetables,' says Dr Spurr. Vitamin-C-rich fruit such as kiwis can increase blood flow (which enhances libido), while wholegrains such as brown rice are rich in B vitamins and regulate hormone levels. Throw spices like circulation-boosting chilli and ginger into curries to up the excitement in the bedroom, too.



A natural helping hand

1 LADY PRELOX
Scientifically proven to improve sexual pleasure, desire and comfort, this supplement contains all-natural ingredients and works to boost blood flow, and reduce tiredness and fatigue.
£37.95, ladyprelox.co.uk



2 SOLGAR ASHWAGANDHA ROOT EXTRACT
Bring your body back into balance with this herbal, vegan-based supplement. It's a powerful libido aid, which naturally helps to regulate female hormones, reduce stress and also increase your blood flow.
£16.50, planetorganic.com



3 HOLLAND & BARRETT COENZYME Q-10 CAPSULES
Found in almost every cell of the body, CoQ10 is an important energy boosting nutrient that declines with age, so if fatigue is putting your sex life on the backburner it's time to take action.
£16.15, hollandandbarrett.com





3 WAYS

to reignite the sexy spark



WEAR RED

Wondering what to wear on date night? Set yourself up for success by wearing red. A 2008 study published in the *Journal Of Personality And Social Psychology* reported that men rated women who wore red as more attractive and sexier than women who wore other colours such as white, grey, green or blue.




LEAVE A SCENT

Attracting the right guy could be as simple as how you smell, and it's not just down to the perfume you wear. According to a UK study, men are attracted to women who smell of baby lotion, lipstick and even a roast dinner. How very random!



GO THRILL-SEEKING

Ditch the pub or the cinema for a more unusual date. A study published in *Archives Of Sexual Behaviour* found that adrenaline-fuelled activities, such as surfing or zip-lining have similar effects on your heart rate and nervous system as feeling frisky does. Adventure ahoy! 



7 Ditch energy highs and lows

Along with eating smart, ditching sugary foods will help you avoid any energy lulls that could zap your sex drive. 'Avoid consuming too many sugary foods or drinks, as they can lead to energy highs and lows,' says Dr Spurr. It's also worth cutting back on coffee and booze, as alcohol is a depressant that can dampen your sex drive, and caffeine is a stressor for the body – high stress levels can end up overworking our adrenal glands, which are needed to optimise our sex drive.

8 Exercise more

Exercise helps with just about everything when it comes to your health, from keeping your weight in check to keeping your heart healthy. It also makes you feel way more confident about how you look in the buff and helps boost blood flow to your sexual organs. Hitting the gym regularly can also help to lift your spirits, which in turn also helps to

make you feel frisky. 'Aim to exercise for 30 minutes five times per week for best results,' recommends Dr Spurr.

9 Be spontaneous

It's no wonder your sex life has taken a bit of a nosedive if you tend to follow the same routine day in, day out. 'Long-term relationships can also mean you become overfamiliar with your partner and sex can become less satisfying,' says Dr Spurr. So make an effort to think about ways you can rekindle the spark in your relationship – grand gestures are great, but sometimes the little things can make a big difference, too. 'For example, surprise your partner with a nice treat or gesture, or by breaking out of your routine and trying something new,' she suggests.





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Beat the winter bugs

If only there was a magical way of knowing exactly when you're at risk of picking up a wretched winter illness, right? Er, well actually there is...

For many of us it's an all-too familiar party season ritual. No, not the battle to remove tummy control knickers in the loo with a queue outside at a party – the ritual is getting ill just as the annual festivities get going. And, whether it's 'just' a cold or full-blown flu, nothing puts a dampener on the festive spirit quite like feeling under the weather. No amount of mulled wine can soften an already thumping headache, and a fist full of tissues is not the ideal fashion accessory for your LBD.

So why is it that so many of us pick up something at this time of year? Some blame the weather. Just as werewolves transform in the light of the moon, so too, it is argued that we get ill at the onset of darker nights. While a bit voodoo-sounding, there is actually some truth in this, although it's the darker days rather than nights that may be to blame.

Why do I get ill in winter?

Sunlight helps us make vitamin D, which is a potent immune booster, helping us fend off the sniffles. In summer, as long as you go outside, you can make plenty of vitamin D and you are less likely to catch minor infections. And once made, you can store vitamin D in your body, which means that throughout the autumn, you should be OK. But the further you go into winter, the fewer stores you have and the more your immune system may start to struggle. Cue: a Christmas cold. The answer? Take a daily vitamin D3 tablet from October to March.

But that's not the end of the story. There is another reason why many of us get ill at the turn of the year – our adrenals. The adrenals are a pair of walnut-sized glands that sit on top of the kidneys. They release a variety of hormones, including adrenaline, DHEA and cortisol to help us deal with stress. However, paradoxically, although the job of the adrenals is to

help us respond effectively to stress, they are among the first glands to 'fail' after too much stress, and this can lead to us becoming ill.

Blame your hormones

In terms of party season sickness, it goes like this: you come back from your summer holiday feeling rested and ready to go. A month or so on, your workload starts to ramp up, gradually getting heavier. In December you have both the impending Christmas break and the need to get stuff done before you go, and some extra late nights as Christmas celebrations kick in. This combination can put stress on the adrenals and then this can result in 'adrenal fatigue' – AKA you feeling run down.

The key hormone when it comes to 'adrenal fatigue' is cortisol. This is your primary stress-management hormone and is fantastic at keeping you going through tricky times. It actually keeps you feeling well in the initial phase of adrenal fatigue. The person who is first in the office and last to leave, but announces 'I never get ill!' is actually just in the first stage of

Are you adrenally fatigued? Answer yes or no to the following...

- | | |
|--|--|
| <input checked="" type="checkbox"/> <input type="checkbox"/> I feel tired, especially in the morning | <input checked="" type="checkbox"/> <input type="checkbox"/> I have low blood pressure and sometimes feel faint |
| <input type="checkbox"/> <input type="checkbox"/> I get a second wind late at night and can stay up late watching TV/surfing the net | <input type="checkbox"/> <input type="checkbox"/> I seem to be getting more allergies |
| <input type="checkbox"/> <input type="checkbox"/> I need caffeine or sugar to get through the day | <input type="checkbox"/> <input type="checkbox"/> My sleep is poor |
| <input type="checkbox"/> <input type="checkbox"/> My moods are unstable | <input type="checkbox"/> <input type="checkbox"/> My skin is suffering – I am getting break-outs I didn't have before and wounds don't heal easily |
| <input type="checkbox"/> <input type="checkbox"/> I am gaining weight, especially round my middle | |

If you've answered 'yes' to three or more of these points you may be adrenally stressed, so check out our tips to chillax...



‘Can’t tear yourself away from the crisps? You may be adrenally stressed’

adrenal fatigue. If they were a car, the gas pedal would be permanently down and they would be speeding along, but the petrol in the tank would be depleting very quickly.

You know this is you if you feel slightly ‘buzzy’ and energised by stress. You may start to speak quickly, lack attention to detail and wonder why everyone else does things so slowly. You may also be beginning to reach for tea, coffee and diet colas to maintain your high energy levels, as well as snacking on high-sugar or salty snacks.

A craving for things such as peanuts or crisps is one of the red flags I look for in clients who come to see me, as it immediately suggests adrenal problems. This is because the adrenals also control salt balance in the body, and if they are not working as well as they should, because of adrenal stress, you can begin to crave salt. Clear the Christmas party of cashews? Can’t tear yourself away from the crisps? You may be adrenally stressed.

Know when to have an early night

You may not be sipping the Beechams just yet, but if you don’t slow down, you may go to stage two adrenal fatigue. This is when your adrenals can no longer maintain high levels of cortisol. Cortisol drops and you start picking up every bug going. The party season is an especially dangerous time for this because of the additional factor of sleep deprivation. A lack of sleep has been shown to increase levels of cortisol. And high levels of cortisol can also cause insomnia, so you get a sleep-disturbing, immune-depressing chicken-and-egg situation.

So what do you do? It would be nice if you could take the whole of December off to visit an ashram in Goa for some quiet meditation, but that’s not an option for most of us. Instead it’s a case of managing the stress in your life better and conserving your energy where you can. Stress is not just external. It isn’t just caused by factors such as work, relationships or being unable to find a parking space. You can also put your body into a stressed state by eating and drinking the wrong things.



Choose stress-busting foods

A diet that causes blood sugar to peak and trough creates stress. So, too many refined carbs such as white bread, white rice or chocolate, will stress the body. Most of my clients who try to eat healthily know this, but there are some surprising blind spots. Sushi can be a major blood-sugar disrupter, as it's made from white rice, sweetened with sugar. So that little sliver of raw fish cannot compensate for that. Cous cous, a refined form of wheat, is another problem. It's much better to choose quinoa for lunch.

Drinks can have an immune-depressing effect, too. While fruit is high in disease-fighting antioxidants, too many fruit smoothies disrupt blood sugar and stress the adrenals. Make sure your morning juice includes some protein (almond milk, yoghurt or whey) and add some good fats (flax or hemp oil). Tea, coffee and diet colas pour caffeine into your system and are a really bad idea especially as a jump-start on the way to work. Add milk to your coffee and have it after your breakfast, not before.

Alcohol is another problem. It has a huge

effect on blood sugar and it disrupts sleep, so while not everyone wants to be teetotal over Christmas, at least in the run-up to the party season it pays to limit yourself. Having four or five alcohol-free days a week gives your body a break and will also boost your nutrient status, strengthening your immune system. Alcohol also affects digestion, reducing your ability to absorb key immune-lifting nutrients like vitamin C.

You can also strengthen your body by eating small, regular meals of complex carbs and protein. Adding in boosting B vitamins can help you deal with stress, and are found in wholegrain foods, or you can take a daily B complex tablet. There is an interaction between B vitamins, energy levels, immune function and the friendly bacteria in our guts. If the balance of your gut bacteria is poor, you may be a sitting duck, waiting for winter lurgies. Eat probiotic yoghurts and take a probiotic capsule (acidophilus is the most well-known) daily.

Sound a bit earnest? Remember it's designed to keep you on form until the parties start and you can indulge a bit. Put the effort in now and you'll have a fun, but healthy festive season.

10 THINGS

that can stave off the sniffles

1 TAKE A BREAK Walk away from your desk at least twice a day and sit down and relax to reduce your heart rate. Do this in the morning (10-11am) and the afternoon (3-4pm).

2 VARY YOUR EXERCISE Too much cardio (running, cycling, etc.) can weaken your immune system. Vary your routine by including relaxing exercise such as yoga or tai chi.

3 TAKE 1,000MG VITAMIN C and eat five portions of vegetables each day to boost your levels of disease-fighting antioxidants.

4 EAT SMALL PORTIONS of complex carbohydrates such as brown rice, quinoa, rye bread or porridge to stabilise blood sugar.


5 REMOVE NEGATIVE INFLUENCES FROM YOUR LIFE If you are in a bad relationship, get out. If you have a 'friend' who spends your time together talking about her, avoid her for a while.

6 SLEEP MORE AND MAKE IT A REGULAR PATTERN Try to get eight hours' sleep a night and set your weekend alarm for the same time as your weekday one, so your body has some consistency.

7 TAKE A B COMPLEX TABLET and a probiotic tablet daily to boost energy, and vitamin D3 to strengthen your immune system.

8 LEARN TO SAY 'NO' Being a 'people pleaser' – someone who always does things for others – can lead to adrenal stress. Put your health first.

9 EAT FOODS THAT ARE HIGH IN MAGNESIUM such as green, leafy veg, and sources of calcium, such as dairy, as they have muscle relaxant and calming properties.

10 HAVE FUN! Laughter is a fantastic stress-reliever. Spend time with friends and family and watch a funny movie or play. 



Lowri Turner is a nutritionist and hypnotherapist. She is author of *The S Factor Diet* and sees clients at three London clinics. To make an appointment, please visit lowriturner.com

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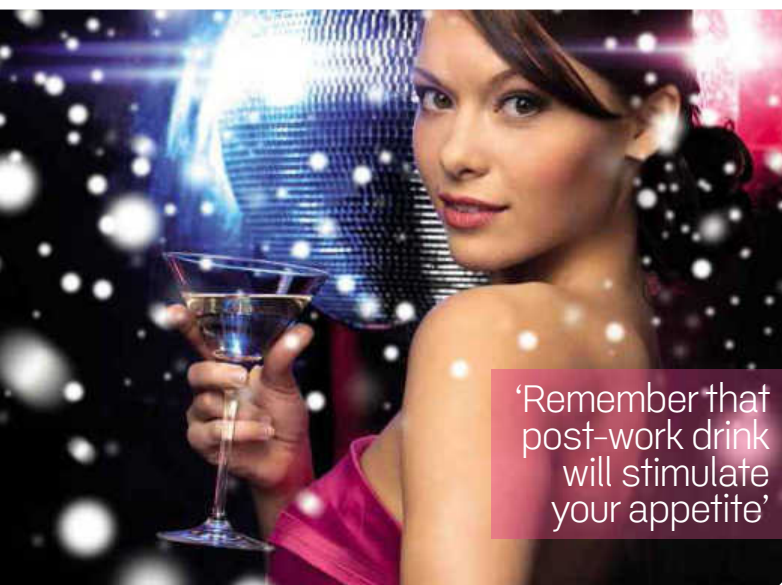
ask the expert

Got a niggling health dilemma? Let our expert put your mind at ease

'It's party season and I'm already completely exhausted. Help!'



Nutritionist, author and TV health expert Amanda Hamilton reveals her top tips for keeping your energy up this party season



Feeling sluggish can often be attributed to the weight gain that accompanies the party season. The average weight gain over the festive period is around 5lb, that's the equivalent of a medium-sized turkey!

It doesn't happen just on Christmas Day though, it's the 500 calories or so extra most of us consume each day in the run up to it. Saying that, nobody likes a killjoy so it pays to have a strategy to navigate the party food. And

remember that post-work drink will stimulate appetite, not reduce it.

Stress and fatigue can also be at the root of seasonal burn-out. If you are tired it's common to reach for a sugar fix to get through the day – especially when chocolate box leftovers frequently make their way around the office.

Instead of entering a daily willpower battle, focus on getting more sleep. Research published in the *American Journal of Physiology* showed that six nights of sleep deprivation – not unheard of during festive season – has a negative effect on attention, daytime sleepiness and inflammation, as well as impacting willpower. The less sleep we get, the more circulating cortisol we have in our blood, which is bad news for long-term health. So, always try to repay your sleep debt.

A small snack of protein and fat before sleep can be helpful if you have trouble winding down after a party. When you pair foods that contain the amino acid tryptophan with carbohydrates, it can help calm the brain down and allow for a much needed switch off. However, if you are prone to headaches, be careful with cheese or meats that contain tyramine, a substance known to trigger headaches in some people.

When it comes to what to eat during the day, I'd recommend getting into soup. Not only will you maintain your vegetable intake – which can be tough at Christmas – you'll feel fuller, too. After you eat a meal, the pyloric sphincter valve at the bottom of your

stomach holds food back so that the digestive juices can get to work. However, eat soup and the whole mixture remains in the stomach, because the water and food are blended together, so the stomach stays fuller for longer.

Lastly, turkey is a healthy meat, but not when you have it with butter or goose fat. Take the skin off before serving to save 50 calories per 100g and prick the skin before you cook it to allow the fat to drain out. Swap farmed turkey for a leaner, organic bird and ditch fatty sausage stuffing for chestnut stuffing, also a great source of potassium.

If all else fails, make sure your Christmas wishlist has a fitness gadget or healthy cookbook on it to keep your aspirations on track. **W**

3 Energy boosting picks

1 BetterYou B12 Oral Spray

A quick spray of this little beauty will defo keep your energy up!

● £11.95, betteryou.com



2 PhD Amino Support Tablets

Help beat fatigue by upping your aminos.

● £17.24, phd-supplements.com



3 Holland & Barrett Super Guarana

Get a natural boost from these handy supps.

● £11.59, hollandandbarrett.com



WF's foodie tips

Add these body loving fixes to your diet

1 COCONUT WATER

Rehydrate the natural way!



2 SMOOTHIE

Top-up the good stuff with a veggie smoothie



3 ORGANIC TURKEY

It's a trade-up worth making



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BEAUTY

95 Party perfect skin! // 98 Beauty buys // 99 Treatments we love!

WORKOUT WUNDER!

A study found that a whopping 93% of women don't feel confident without make-up and as many as a third of under-30s wear cosmetics at the gym. Make-up and sweat is a major cause of spots and clogged pores so we wouldn't recommend applying any products pre-workout. But if it's a gym-visit deal-breaker, opt for just the basics instead. Forget the foundation and enhance your eyes with smudge-proof WunderExtensions; the long-lasting mascara contains amazing technology that helps to extend your lashes using lash extension fibres to give you a great full-lash look. We love.

● £19.95,
wunder2.co.uk



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PARTY ON!

Wondering how to stay looking chic as you head from one party to the next? We've got your emergency beauty stash sorted for the festive season

There's a reason Christmas is everyone's favourite time of year; the big feasts, the piles of gifts and the non-stop merrymaking.

From festive family gatherings to glitzy work parties, the festive season is definitely time to let loose and have fun! And, if you're anything like us, December is already booked up with merriment! So, to prepare you for the upcoming celebrations, we've rounded up the beauty buys that will keep you fresh-faced, glowing and ready to party throughout the season. Whether you're dashing from work to a party, or need a morning after pick-me-up, our party skin guide has all the answers.



Desk to party

Keep these life-saving beauty weapons in your desk drawer for an emergency glam-over



Brow's that?

A must-have in your beauty bag, WunderBrow is a one-step solution to beautiful brows. It's like your very own easy-to-use tinting treatment, but in compact form. Smudge-proof, waterproof and applying takes only two minutes. We're sold.

● £19.95, boots.com

All-nighter

There's no need to worry about changing from smart to sexy with Oxygenetix's Oxygenating Foundation; it doesn't rub off on clothing or smudge. But if you'd prefer to be prepared even before work, it lasts for 24 hours!

● £45, beautybay.com



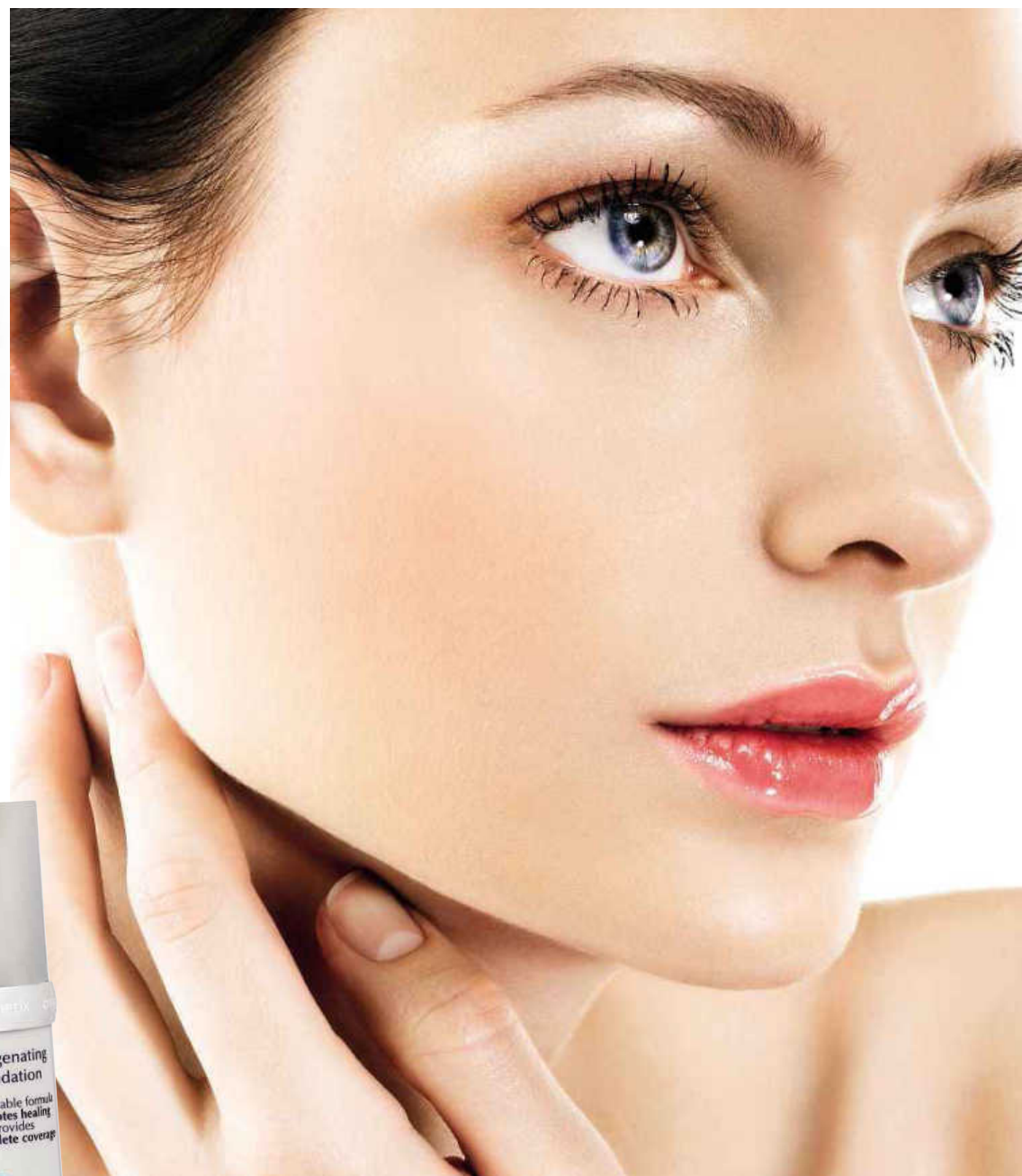
Ready for your close-up

For a flawless look, apply Murad Invisiblur Perfecting Shield before your foundation application. The primer's Soft Focus complex softens imperfections for a smooth finish so you'll always be photo-ready.

● £55, murad.co.uk

Natural beauty

Pop on a Maskeraide Pre Party Prep facial mask to hydrate and even out your skin for longer-lasting make-up. The single-use



sheets are free from parabens and artificial fragrances and contain fruit extracts, for the ultimate refresh.

● £5, maskeraide.co.uk

Dazzle on the dancefloor

Be the belle of the ball with Moroccanoil Shimmering Body Oil. This 100% natural oil is rich in vitamins, essential fatty acids and antioxidants, which will help give your skin a shine that looks equally as healthy.

● £37, johnlewis.com



Pure gold

Transformulas Ageless Luxury Hydration Gold contains 23-carat gold for a radiant shimmer effect, plus hyaluronic acid, which our skin loses over the years.

● £39.85, feelunique.com

All set

Always remember to set your make-up if you want it to stay put throughout the night. Try Hydra-Vital's Facial Spray, as it contains natural extracts of rose, which instantly perk up your skin after a day in the office.

● £10.99, modernherbals.com

Morning-after remedies

Be prepared for any pesky skin issues with these handy pick-me-ups

Thirsty skin

Whether you use it as a refreshing mask or moisturiser, the Proto-col Collagen Face Mask gives skin maximum hydration from its plant-based ingredients, which include algae and coral seaweed.

● £9.50 for 20ml, proto-col.com



to reveal skin that's instantly smoother, brighter and more radiant.

● £49.50, murad.co.uk

Healthy tippie

Stay hydrated and rid yourself of a morning-after throbbing head with Life

Tonics vitamin drinks. The range, which includes Coconut and Mint, Elderberry and Juniper and Dalandan Orange, is packed with potassium, magnesium and calcium to get you back to feeling your best!

● £1.49 each, Waitrose



Beau-tea-ful buy

Too many toxins can make you look tired. So, if you're not looking your best, it might be time for a cup of Dr Stuart's Skin Purify Tea. The medicinal-grade ingredients, such as red clover and nettle leaves, will have you looking perkier in no time.

● £2.29 for 15, baldwins.co.uk

Give it a shot

No, not that kind of shot! Nosh Raw Organic Wheatgrass Juice Shots pack a nutritional punch, with vitamins and chlorophyll, to help fix the effects of all the 'naughty' shots you drank the night before...

● £2.99 (for 2 shots), noshdetox.com

Plant power

If your skin's feeling a bit worse for wear, the organic ginkgo biloba



in Faith In Nature's Intensive Moisturising Cream will restore the balance again.

● £6.39 for 50ml, faithinnature.co.uk

Glow all day and night

Stay fabulous even when you feel like hibernating on the sofa in a onesie

Double action

For pigmentation, age spots or blemishes, try Trilogy's Age Proof Botanical Lightening Treatment. The formula targets problem areas while highlighting and brightening the rest of the skin.

● £29.50 for 50ml, johnlewis.com



Forever young

If your skin's looking and feeling a little dull, BeautyLab's Black Diamond Energising Serum is the way to nurse it back to its best. Containing black diamond (yes, really!) and peptides, the serum will help plump skin and keep it looking radiant.

● £90 for 30ml, beautylab.co.uk

Panda eyes

Dark circles are going to be a recurring problem this season.

Make sure you've got Anatomicals' Puffy The Eye Bag Slayer at the ready to avoid unintentionally giving someone a scare...

● £6 for three eye patches, glossybox.co.uk

Bright and bubbly

We love multi-action products,

and this one's a real favourite. The patented Algowhite complex in the Janjira Marine Radiant White Instant Brightening Bubble Mask works to brighten, exfoliate and protect the skin.

● £24, janjira.co.uk

Radiant skin

For a complete skin overhaul, Exuviance's Triple Microdermabrasion Face Polish contains professional grade crystals, pure papaya enzyme and glycolic acid, which polishes away dead skin cells and dissolves those pore-congesting impurities.

● £57.50, effortlesskin.com

Illuminating stuff

We're amazed at the technology behind the Perricone MD Face Finishing Moisturiser Tint.

It contains unique pigment capsules that release once you apply, for an instant glow. Plus it's so lightweight. We love it!

● £57, johnlewis.com



From the ocean depths

If you suffer from tired skin, it's time you befriended Voya's Get Glowing Illuminating Clay Mask. Containing rosemary and rich seaweed, your complexion will improve instantly.

● £32, voya.ie

Stay dewy

This gorgeous Hydra-Radiance Face Mist by Gazelli is another beauty boosting essential. It contains patented white oil, grapeseed oil and black mulberry seed extract to give you a luminous and dewy glow. Handy as a face and body spritz, or as a toner.

● £42, gazelliskincare.com



Be soothed

With seven bioactive ingredients including frankincense and bergamot, AromaWorks' Face Serum Oil is designed to

repair and renew the skin by improving its elasticity. We love the gorge smell, too!

● £45, aroma-works.com

Clear things up

If you're after an effective skin-renewal treatment, the answer is Murad Intensive-C Radiance Peel. The glycolic acid exfoliates

WE LOVE!



Bathtime luxury

Treat yourself or someone you love to a luxurious Red Stem Bath and Body Collection set from Orla Kiely; a body lotion, hand cream and shower gel infused with uplifting scents of geranium.

● £34, orlakiely.com



Happier skin

Try a dramatically different, moisturiser from Clinique. It ups your hydration with all-day protection and strengthens skin, keeping it looking younger for longer.

● £29.50, tjhughes.co.uk



Get an ego boost

Enhance shine, strength, and elasticity – and of course your ego! – with this conditioning cream by Bed Head.

● £14.50 bedhead.com



Flower power

Make sure your new eyeliner is from Aveda, non-irritant and drawn from jasmine petals and geranium leaves. This Petal Essence Eye Definer is great for delicate types.

● £14.50, aveda.co.uk

BEAUTY HEROES

Update your look-hot routine with these fab new finds



All about the base

This Dual Ended Full Coverage Face and Touch Up Brush is the secret to flawless skin – it blends beautifully and reaches every bit of your face.

● £43, johnlewis.com

Totally sweet

This sweet-smelling Balance Me Bathing Beauties Trio will help you start your day with a little luxury. You'll be spoilt for choice.

● £12, balanceme.co.uk



WE LOVE!



Everything's rosy

Get that 'English Rose' effect and give a natural definition to your cheeks by applying the Mineralize Blush by MAC.

● £22, maccosmetics.co.uk



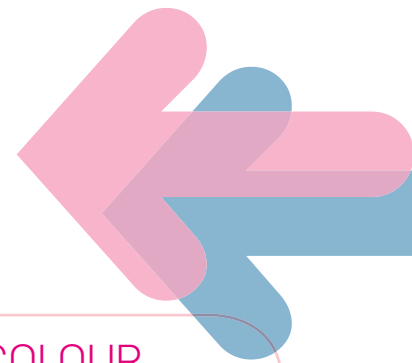
Stay silky

Give the Braun Silk-épil 5-511 a go for soft, smooth legs for four weeks. We love that you can use it wet or dry!

● £79.99 braun.com



treatments



We cherry pick three of the best hair, face and body treats designed to make life that little bit sweeter

THE PERSONAL HOUR

WHAT: ESPA Time, £80 for 60 minutes

WHERE: The Spa at Bedford Lodge, bedfordlodgehotelspa.co.uk

THE LOWDOWN: Whether it's facial breakouts, tension in the shoulders, or headaches, this hour of 'me time' tailored to your individual needs can tackle it. Over a relaxing footbath and a cup of lavender tea, my therapist helped me decide how to best use my hour. She then spent the majority of the time tending to the tightness in my upper back and shoulders, using a combination of detoxifying oil, deep pressure and traditional massage to ease out the tension. She then treated me to a foot rub and finished with a scalp massage to alleviate built-up stress using ESPA's Pink Hair and Scalp Mud.

THE VERDICT: I can't think of a better way to spend an hour!
Amanda Khouv

THE QUICK MUSCLE FIX

WHAT: Deep Muscle Relax Massage, £105 for 50 minutes

WHERE: Brown's Hotel Spa, London, roccofortehotels.com

THE LOWDOWN: Sometimes it doesn't take a lot of stress or big workouts to build up tension. I thought I'd been taking it easy, but apparently sitting at a computer every day was enough to give me an upper back of steel and a stubborn hunch in the shoulders. My therapist – who I assume sees stuff like this daily – was mortified, and worked her magic (over and over... and over) to get out all the knots. She warned me it'd hurt, and it did, but it was that good kind of pain that you

know is doing you good. And it really did – I felt amazing.
THE VERDICT: I definitely need more of these, more regularly!
Amanda Khouv



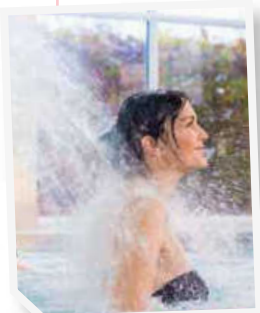
THE COLOUR MATCH

WHAT: Regrowth Colouring, from £55

WHERE: Vixen & Blush Central, Oxford Circus, vixenandblush.com

THE LOWDOWN: They're known as the experts of hair extensions but whether it's a change of length or a hair-refresh that you're looking for, the specialists at Vixen & Blush will have you leaving the chair pleased as punch. The boutique salon – located just minutes away from Oxford Circus, but tucked away from the hustle and bustle on the first floor – offers custom Russian and Brazilian Virgin hair extensions and a killer colour service to match your new locks perfectly. So even if you're not after a complete new look,

your roots will be in more than capable hands.
THE VERDICT: A quick escape from the city buzz for a luxury hair treatment – a hidden gem.
Lisa Nguyen



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NO MORE MILK?

A new study from researchers at Sweden's Uppsala University suggests drinking lots of milk could be harmful.

The study found that women who drank more than three glasses of milk a day were 93% more likely to die prematurely, while those who drank two glasses a day were 21% more likely to die younger than those who drank one. Any intake above one glass a day was associated with an increased risk of cardiovascular death, while an increased risk of cancer death was seen with an intake above two glasses.

The culprit is thought to be the D-galactose sugar component. Scientists found even low exposure to D-galactose could speed up the ageing process, shortening lifespan, causing oxidative stress, chronic inflammation and brain degeneration.



Super powders to the rescue

Improve your winter diet with these magic health potions

Wherever you look, December is packed with food and drink temptations, making it near impossible to keep your diet on the clean side. But indulging that little bit too much could have some nasty knock-on health effects.

We all need a quick fix every so often and if you're looking to get back on track fast, super powders could be the easy way to play it smart this December. These dietary additions are filled with good-for-you nutrients in a concentrated version of the food source itself, meaning you consume less but receive greater gains. 'They are in a bioavailable form, which means that they have good absorption levels, and if you don't have the best of diets or don't have much time to prepare vegetables, these super powders could be a good option for you. 'People struggle with the pressures of the festive season and a super powder drink could help you cope with all that goes on in this season,' says Shona Wilkinson, Nutri Centre's head nutritionist.

Each variety offers unique health benefits to turbo boost your health, but it's the delivery process that really makes super powders so, uh, super. 'The very fact that they come in powder form makes them purer. As soon as you put something in a capsule or tablet form, you add ingredients that aren't there for health benefit reasons. Opt for a powder that is freeze dried. By freeze drying a product rather than drying it through heat, the nutrients aren't destroyed by the high temperatures,' adds

Shona. While super powders are by absolutely no means a replacement for a balanced diet, they are an excellent addition to perk up your nutrient status, so here's our round-up of the ones to watch out for.

MAGIC DUST

Blast away winter woes with these super-duper powders

1 The feeling:
A never-ending energy lull
Fix it with: Chlorella

With a vibrant social calendar on the horizon it's virtually impossible not to hit an exhaustion wall at some point. But instead of relying on caffeine and sugary snacks to get you through the day, try a daily dash of chlorella to help bust that tired feeling for good. It's been years since chlorella first shot to fame and for good reason, too. This vibrant green algae is a powerful source of fatigue-fighting iron, immunity boosting zinc and vitamin D, so it's an indispensable aid when your festive batteries are running low. 'As well as being a good source of many vitamins, minerals and antioxidants, chlorella is exceptionally rich in iron, with just a 3g serving providing around 4-6mg of iron

– around 30 to 40 per cent of the RDA. It is also high in zinc, and is perhaps the richest food source of vitamin D. A 3g serving provides over 25 micrograms, which is more than double the current daily recommended allowance,' reveals Shona.

Try: Nature's Plus Green Lightening Energy Mix Drink, which contains chlorella plus a mix of 50 more fruits and vegetables, from £1.29, nutricentre.com



2 **The feeling:** Foggy, distracted and too tired for sex **Fix it with:** Maca root

In-between the mad dash for last-minute gifts and planning the perfect

Christmas dinner, who really has time for sex?

Many of us find we're running on empty by the time the 25th rears its head, and time between the sheets is for purely one thing: sleep. A taxing

lifestyle can cause a dip in libido, but if you need a helping hand to get your sex life back into gear again load up on maca.

Originally from Peru and also known as Peruvian Ginseng, maca is an adaptogen, meaning it can help to keep everything in balance. In particular, it can protect against the effects of stress on the body and support energy and stamina. 'Maca root may also support hormone balance in both men and women, and is traditionally used as an aphrodisiac,' says Shona. 'It's an excellent choice for anyone needing energy support or those who need help with hormone balance or libido. Plus, it's nice-tasting too.'

Try: Inspiral Maca Root Powder, a sustainable powder that has been grown in mineral-rich soil in Peru, £9.45, inspiral.co



3 **The feeling:** A poor immune system **Fix it with:** Bee pollen

Struggling to beat winter colds and flu? Our immune system becomes less effective at

warding off bugs when we're stressed, thanks to high levels of cortisol weakening our body's natural defences. Bee pollen, collected by bees from flowers, is a powerful healing remedy that has been used for centuries for its health-enhancing properties. 'Bee pollen has a high density of nutrients and can boast a content of 22 amino acids, 12 vitamins and 28 minerals, which are easily absorbed. Simply add it to smoothies, yoghurts or sprinkle it over salads for a delicious source of nutrients,' says Shona.

Try: BodyMe Bee Pollen is an organic health-booster produced in a natural environment in Spain, £5.49, bodyme.co.uk



'Opt for a powder that is freeze dried. By freeze drying a product rather than drying it through heat, the nutrients aren't destroyed by the high temperatures'

4 **The feeling:** An uncomfortably bloated tum **Fix it with:** Wheatgrass

If you haven't already started adding wheatgrass to your breakfast smoothies and fresh juices, why on earth not? The benefits of this superfood just keep getting better. Research shows that wheatgrass absorbs harmful free radicals in the body, plus it may inhibit fat cells, to help you keep looking svelte.

Stocking up on wheatgrass could be especially helpful during the craziness of December when overdoing it on the booze front can result in a toxin build up that can start to show in your appearance.

If you feel bloated and uncomfortable all the time, your body could be crying out for a detox, and by targeting the





underlying cause, you can kickstart a powerful regeneration process from within. In terms of nutrient content, wheatgrass is rich in chlorophyll, the green pigment that converts sunlight into carbohydrates in plants. This green goodie can work as an antioxidant, and may support detoxification and a healthy digestive system.

'Wheatgrass is also said to contain especially high amounts of the antioxidant enzyme superoxide dismutase (SOD) relative to other foods. SOD is an enzyme we make in our own bodies, and is one of the most important antioxidants in our cells as it neutralises dangerous "superoxide" free radicals,' shares Shona. So, bye bye bloated belly!

Try: NutriBullet Wheatgrass Powder for a concentrated shot of nutrients, £7.99, highstreettv.com



5 **The feeling:** Spotty and dull complexion **Fix it with:** Chia seeds

Internal inflammation is usually the underlying cause of skin complaints. The festive season is rife with saboteurs that could see your skin needing a little more TLC than usual. Chia targets skin complaints by flooding your body with insanely high levels of inflammation-dampening omega-3 fatty acids to prompt some dramatic changes. Dewy, gorgeous skin on the top of your

Christmas wish list?

Combined with a healthy diet, chia seeds could have a miraculous



effect on your complexion. 'If you don't eat oily fish or are a vegan or vegetarian, then chia seeds are a great way of getting your omega-3, an essential fatty acid that is great for healthy skin. Chia seeds are also high in fibre, which helps with the digestive system,' says Shona.

Try: Bio Synergy Super7 Super Blend, which combines chia seed powder with cacao, goji berries, maca and vitamin B5, £19.99, JML



6 **The feeling:** An insatiable appetite for sweet snacks **Fix it with:** Flaxseed

When you feel like nothing can shake that chocolate craving like a bar of the sweet stuff, it's time to reach for a handful of

flaxseed instead. Why? Packing sugar into your diet can put a huge strain on hormones, prompting your adrenal glands to release cortisol. Over time, overworked adrenal glands leave you feeling spent and in need of more sugar for an energy boost. Try replacing sugar with ground flaxseed to level out blood sugar. The high fibre content in flaxseeds also makes sticking to a healthy diet a breeze.

Try: Linwoods Flaxseed With Bio Cultures & Vitamin D successfully staves off pesky cravings and provides a vitamin D boost, £5.79, linwoodshealthfoods.com



3 **Everyday superfoods** Load up your trolley with these nutrient-enriched marvels

1 BEETROOT
Beetroot is one of the most nutrient-dense vegetables. The purple powerhouse contains substances called betalains, which can act as powerful antioxidants and are also thought to support detoxification.

Top snack: Beetroot salad with rocket, goat's cheese and walnuts.



2 APPLES
An apple a day really does keep the doctor away. Aside from their high vitamin C content, apples are packed with a soluble fibre called pectin, which has heart-protective benefits.

Top snack: Apple slices topped with nut butter.



3 YOGHURT
Natural yoghurt is a good source of calcium, but it's also crammed with beneficial gut-friendly bacteria to help you strike the perfect digestive balance.

Top snack: Natural yoghurt with diced strawberries and sunflower seeds.



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GOING LOCO FOR COCO

In recent years, coconut oil has become a kitchen-cupboard staple for health-conscious folk. And here are a few wonderful things you can do with it...

The figurehead of the UK's leading brand of coconut oil, Lucy Bee, has just released a new book, *Coconut Oil – Nature's Perfect Ingredient*, and it's packed with recipes to help you create breakfasts, lunches and dinners with the tropical oil, as well as giving you inspiration to try new dishes you'd never even have dreamt up.

The unique taste and texture of coconut oil, as well as its endless health benefits, make this simple ingredient one of the most talked about foods of the decade. But if you're a little sceptical about it, we do understand. Why ditch the oils you're used to and fork out on a more expensive alternative?

'People are becoming more conscious of what they're eating and how it'll fuel their body in the best possible way,' explains Lucy. 'There's definitely a growing awareness of eating natural, organic foods and avoiding processed foods. For a long time, people have avoided fat

as they thought it made them fat. The reality is that eating the right kind of fat fuels us and shouldn't be avoided. We now know that low-fat foods have been made palatable by adding sugar to them and it's this that's the real problem!'

It was the health aspect of coconut oil that first got Lucy's attention, but she also found it could suit many different kinds of cooking, and could also be used for marinating and as a dairy-free spread. 'Growing up coeliac made me passionate about what I eat and got me interested in cooking from scratch,' says Lucy. 'Now I literally use coconut oil for all cooking. I know some people worry that their food will taste of coconut, but it doesn't.'

It's not just food that the oil can be used for. It's often celebrated as a beauty product, too. It moisturises your skin, nourishes your hair and even removes make-up. But don't forget to save some for the kitchen as you'll want to try Lucy's yummy recipes.



I literally use coconut oil for all cooking. I know some people worry that their food will taste of coconut, but it doesn't



STRAWBERRY AND HAZELNUT TART

Gluten-free pastry is quite tricky to make and roll out, so I sometimes get help with that bit! However, it tastes so delicious that it's worth having the patience – and it's perfect to have as a Friday or Saturday night treat.

Serves 6–8

For the pastry

- 100g Lucy Bee coconut oil, plus extra for greasing
- 200g gluten-free plain flour
- 45g icing sugar
- ½tsp xanthan gum
- 30g roasted, chopped hazelnuts
- 1 egg yolk
- 2–4tbsp cold water

For the filling

- 100g Greek yoghurt
- 500g crème fraîche
- 2tbsp honey
- 400g strawberries

1 Preheat the oven to 200°C/fan 180°C/400°F/gas mark 6 and lightly grease a 23cm, loose-bottomed fluted tart tin.

2 To make the pastry, put the flour, icing sugar, xanthan gum and coconut oil in a food processor and process until the mixture resembles breadcrumbs. Add the hazelnuts, egg yolk and 2tbsp of cold water and mix again until everything comes together, adding more water if necessary. Shape the dough into a round, then wrap in cling film and leave to rest for 15 minutes in the fridge.

3 Roll out the pastry between two sheets of cling film until about 3mm thick and big enough to line the tart tin. Gently peel off the top sheet of cling film and carefully invert the pastry into the tin. Remove the second sheet of cling film. If

the pastry crumbles or tears, use your fingers to mould it into the gaps. Neaten off the top edge of the pastry and chill in the freezer for five minutes.

4 Remove from the freezer, use a fork to prick the base in a few places, line with baking parchment and fill with ceramic baking beans. Bake blind for 10–15 minutes, or until the pastry is beginning to colour. Remove the baking beans and parchment and return to the oven for a further five minutes until golden and cooked. Leave to cool. Then unmould the cold pastry case from the tin and place on a serving plate.

5 Put the yoghurt, crème fraîche and honey in a bowl and mix well together. Pour into the cooked pastry case, smoothing over the top. Cut the strawberries into eighths and arrange in rounds to decorate.

CARROT, SWEET POTATO AND FETA FRITTERS WITH TZATZIKI

These fritters are great for lunchboxes. They also work as a side dish or as finger food.

Serves 4

- 3 large carrots, peeled and grated
- 1 sweet potato, peeled and grated
- 1 red onion, peeled and grated
- 1 garlic clove, crushed
- 1tsp (heaped) ras el hanout (optional)
- 3 medium eggs, beaten
- 3tbsp chickpea flour or other gluten-free flour
- 100g feta, crumbled
- Handful of fresh parsley leaves, chopped
- 1tbsp Lucy Bee coconut oil
- Himalayan salt
- Ground black pepper

For the tzatziki

- 1 garlic clove
- ½ cucumber, peeled and deseeded
- 100g Greek yoghurt
- Handful of chopped fresh mint (optional)
- Himalayan salt
- Ground black pepper

1 To make the tzatziki, place the garlic with 1tsp of salt in a pestle and mortar. Blend to a very fine paste.

Grate the peeled cucumber into a clean tea towel, then squeeze to remove as much liquid as possible. Place the cucumber in a bowl, then add the remaining ingredients and combine thoroughly. Place in the fridge until ready to serve.

2 In a bowl, mix the carrots, potato and onion, garlic and ras el hanout, if using.

3 In a separate bowl, whisk together the eggs and flour, then stir into the veg with the feta and parsley.

4 Melt the coconut oil in a frying pan over a medium heat. Shape the mix into patty sized balls, then add to the frying pan in batches, flattening with a spatula.

5 Cook for about three minutes each side, being careful not to burn them. Serve golden and slightly crunchy with the tzatziki. →





LENTIL AND VEGETABLE MOUSSAKA

This is one of the most delicious meals imaginable. It takes a little while to make but is well worth the effort and packed full of flavour – a definite favourite in the Lucy Bee house.

Serves 6

- 2 large potatoes, scrubbed
- 300ml water
- 60g Lucy Bee coconut oil
- 300g onions, diced
- 200g carrots, peeled and diced
- 1 red and 1 yellow pepper, diced
- 2 garlic cloves, crushed
- 500g chestnut mushrooms, chopped
- 2 x 400g tins green lentils, drained and rinsed
- 1tsp ground cinnamon
- 1tsp ground allspice
- 1tsp freshly grated nutmeg
- 3tbsp tomato purée
- 1 x 400g tin chopped tomatoes
- 2 medium aubergines, sliced
- Himalayan salt
- Ground black pepper

For the topping

- 10g Lucy Bee coconut oil
- 10g cornflour
- 100ml milk
- 1 small egg
- 2tsp Dijon mustard
- 25g Cheddar cheese, grated
- 25g Parmesan cheese, grated

1 Preheat the oven to 180°C/ fan 160°C/350°F/gas mark 4. Put the potatoes and water in a pan, bring to the boil, cover and simmer for 30 minutes, or until just cooked through. Strain and leave to cool before slicing into thin discs.

3 Melt half the coconut oil in a heavy-based saucepan. Add the diced vegetables, cover and sauté until almost softened. Add the garlic and mushrooms and continue to cook until all the vegetables have softened. Add the lentils, then stir in the spices, tomato purée and chopped tomatoes. Season well and simmer for 20 minutes, stirring occasionally.

4 Melt the remaining coconut oil and use it to brush both sides of each aubergine slice. Place them on

a baking tray and cook in the oven for five to 10 minutes until soft, checking them regularly. You may need to brush them with a little more oil.

5 Spoon a layer (about a third) of the lentil and vegetable mix into an ovenproof dish, about 35 x 25cm and 7cm deep. Add a layer of aubergine slices, followed by a layer of potato slices. Continue layering until everything is used up, which should be three layers of each.

6 For the topping, melt the coconut oil in a saucepan, add the cornflour and cook, stirring, for about two minutes. Pour in the milk and then bring to the boil. Turn down to a simmer and cook for five minutes, stirring continuously. Beat in the egg, mustard and salt and pepper to taste, then simmer for a further two minutes, continuing to stir.

7 Pour the topping over the moussaka, sprinkle over the cheeses and cook in the oven for 40 minutes, until bubbling. Leave to stand for five minutes before serving with a green salad.

OVERNIGHT CHIA AND COCONUT PUDDING WITH SAUTÉED BANANA

So many people choose cereals for breakfast, but they're usually laden with sugar and won't keep you full until lunchtime. This is a great alternative breakfast option that will pack your body with healthy fuel for the day ahead. Sleep is a time machine to breakfast. I often go to sleep dreaming of this after making it for the following morning.

Serves 2, or 4 small portions

- 50g chia seeds
- 30g coconut yoghurt
- 200ml almond milk
- ½tsp ground cinnamon
- ½tsp ground nutmeg
- 1tbsp desiccated coconut (optional)
- 1tsp manuka honey

- 1 banana
- 1tbsp Lucy Bee coconut oil
- 1tbsp pomegranate seeds

1 Put the chia seeds, coconut yoghurt and almond milk into a small bowl. Then stir in the cinnamon, nutmeg, desiccated coconut, if using, and honey. Pour this into two (or four) bowls or glasses and leave to set in the fridge overnight.

2 When you're ready to serve your breakfast, slice the banana about 2cm thick. Sauté it in a frying pan with coconut oil over a high heat for one to two minutes or until the slices have become caramelised.

3 Spoon your cooked banana slices on top of each chilled pudding and then scatter over a handful of the pomegranate seeds to serve.

'This will pack your body with healthy fuel for the day ahead'



LUCY'S TIP!

Instead of banana, you could sauté chopped apple in coconut oil that has been infused with cloves. Heat the oil gently in a pan and add four cloves. After a couple of minutes the clove aroma will be released. Remove the cloves from the pan and add the chopped apple to sauté.



PINEAPPLE AND PASSION FRUIT ROULADE

This is a really impressive pudding to serve up. The pineapple and passion fruit make it completely irresistible.

Serves 6-8

For the roulade

- 30g Lucy Bee coconut oil, melted, plus extra for greasing
- 4 medium eggs
- 55g stevia
- 1tsp vanilla extract
- 80g gluten-free plain flour
- 1tsp gluten-free baking powder
- Pinch of xanthan gum
- Icing sugar, for dusting
- Edible flowers, such as violas, to decorate

For the filling

- 150g Greek yoghurt
- 150g crème fraîche
- 4tsp agave nectar
- 3 passion fruit

- 125g fresh pineapple, cut into very small chunks

1 Preheat the oven to 180°C/fan 160°C/350°C/gas mark

4. Lightly grease a 34 x 23cm Swiss roll tin and line with baking parchment.

2 Place the eggs and stevia in a bowl and whisk using an electric mixer for five to 10 minutes on a high speed until creamy and almost doubled in volume. Beat in the melted coconut oil and vanilla extract.

3 Sift the flour, baking powder and xanthan gum together and gently fold into the egg mixture, until combined. Take care not to let too much air out of the mixture – stop as soon as the dry ingredients are just folded through. Pour into the prepared tin and bake in the middle of the oven for 12–15 minutes, or until the sponge springs back to the touch.

4 Leave in the tin to cool slightly. Place a sheet of baking parchment on the worktop, lightly dusted with icing sugar. Turn out the warm roulade onto the parchment and start to roll from one end of the cake (the paper will remain inside) until you have a Swiss roll. Leave to cool completely.

5 Once completely cold, unroll the roulade and discard the parchment. Mix together the yoghurt, crème fraîche and agave nectar. Scoop out the seeds and pulp from the passion fruit and fold into the yoghurt mix. Spread over the roulade and scatter the pineapple chunks, setting some aside for decoration.

6 Carefully roll up the roulade and place on a serving dish. Scatter over the remaining pineapple chunks and dust with icing sugar. Decorate with edible flowers.



MY ITALIAN OMELETTE

I love omelettes and it was hard to choose one to share with you. Have a go at mixing and matching ingredients to make this basic recipe all the more interesting. Serve with a green salad.

Serves 1

- 1tsp Lucy Bee coconut oil
- 3 medium eggs, beaten
- Himalayan salt
- Ground black pepper
- 20g feta, crumbled
- Pinch of dried chilli flakes
- Handful of samphire
- Smoked salmon

1 Melt the coconut oil in a frying pan then add the eggs and season.

2 Sprinkle over the feta and chilli flakes and cook for a few of minutes.

3 Flip and cook the other side. Add the samphire and smoked salmon. Fold the omelette in half and serve.



WANT MORE IDEAS?

Recipes taken from *Coconut Oil – Nature's Perfect Ingredient* by Lucy Bee. Published by Quadrille, £15. Readers of *Women's Fitness* can purchase a copy of the book for the special price of £10, including free P&P. To order, please call 01256 302699 and quote code FK6.



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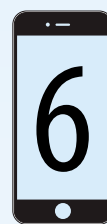
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THREE WAYS WITH PUMPKIN SEEDS



Pumpkin seed butter

Put 350g shelled pumpkin seeds in a blender and blend on a high speed for about two minutes until they become coarse. Add 50g coconut oil and blend for another two minutes. Add in another 50g of coconut oil and continue to blend until it becomes smooth, stopping occasionally to scrape down the sides. The longer you blend the smoother it will become. Store in a sealed container in the fridge.



Pumpkin seed and oat cookies (makes 10-12 cookies)

Preheat the oven to 180°C and line a baking tray with greaseproof paper. In a small bowl over a saucepan of boiling water, warm 35g coconut oil and 35g honey. In a separate bowl, add 280g oats, 100g dried cranberries or raisins, 100g pumpkin seeds, 25g ground flaxseeds and a pinch of salt. Add two beaten eggs to the coconut mixture and combine. Place large tablespoons of mixture on the tray, flatten, and bake for about 15-20 minutes until lightly brown, before letting cool.



Spinach, avocado and pumpkin seed salad (serves 6)

Toss together 500g torn spinach leaves, slice the flesh of two avocados, and add 75g pumpkin seeds. Make a dressing with 1tsp pumpkin seed oil, 2tbsp groundnut oil, ½ tsp salt and the zest and juice of a lime. Pour on the salad, toss and serve alongside some baked tofu or chicken.

FOOD FOCUS

Pumpkin seeds

Stock up on these little antioxidant-packed heroes for an instant health injection

Pumpkin seeds are like little nutrient 'bullets' that can easily be added to many dishes for an extra health boost.

The brilliant thing about pumpkin seeds is their unique antioxidant status. Not only are they a great source of the antioxidant vitamin E, but they also contain it in a wide variety of forms, including alpha-tocopherol, gamma-tocopherol and gamma-tocomonoenol. Each plays its own individual role in our health, and makes pumpkin seeds a great source of bioavailable vitamin E, helping to protect our cells against toxins and pollutants, PMS, eye disorders and neurological conditions such as Alzheimer's and diabetes.

Pumpkin seeds, and pumpkin seed oil, are also valued for their anti-microbial benefits. They contain phytonutrients known as lignans, which have been shown to have antimicrobial and antiviral benefits. Great at this time of year when our immune systems can take a bit of a hit from all the coughs and colds.

Just 35g of pumpkin seeds can provide nearly half of our daily magnesium, which we need to support our energy levels, synthesis of our DNA, heart function, bone and teeth formation, and can help us sleep and de-stress, as magnesium is a natural relaxant.

Talking of sleep, pumpkin seeds are an excellent source of an amino acid called tryptophan, which we convert to our 'happy hormone' serotonin, essential for supporting our moods and anxiety. This in turn also gets converted to our 'sleep hormone' melatonin and helps us to sleep. So if you're feeling like you may have a restless night, try eating some pumpkin seeds about half an hour before you go to bed with a small piece of fruit, such as an apple, and this could

help you get a good night's sleep.

These little green seeds are also a rich source of zinc, which we need to support our immune system, cell growth, our moods and insulin regulation. Their high zinc content also makes them really important for the health of the men in your life, and in particular their prostate, which is where zinc is found in the highest concentrations.

Pumpkin seeds are also one of the best plant-based sources of ALA (alpha-linolenic acid), which converts to omega-3 when consumed, and is particularly important if you don't eat fish. There is also evidence they can help lead to a significant increase in our good cholesterol (HDL), as well as decreasing blood pressure and headaches, as the oil found in the seeds is a rich source of natural phytoestrogens.

SUPERFOOD STATS

28G PUMPKIN SEEDS PROVIDES

151 calories

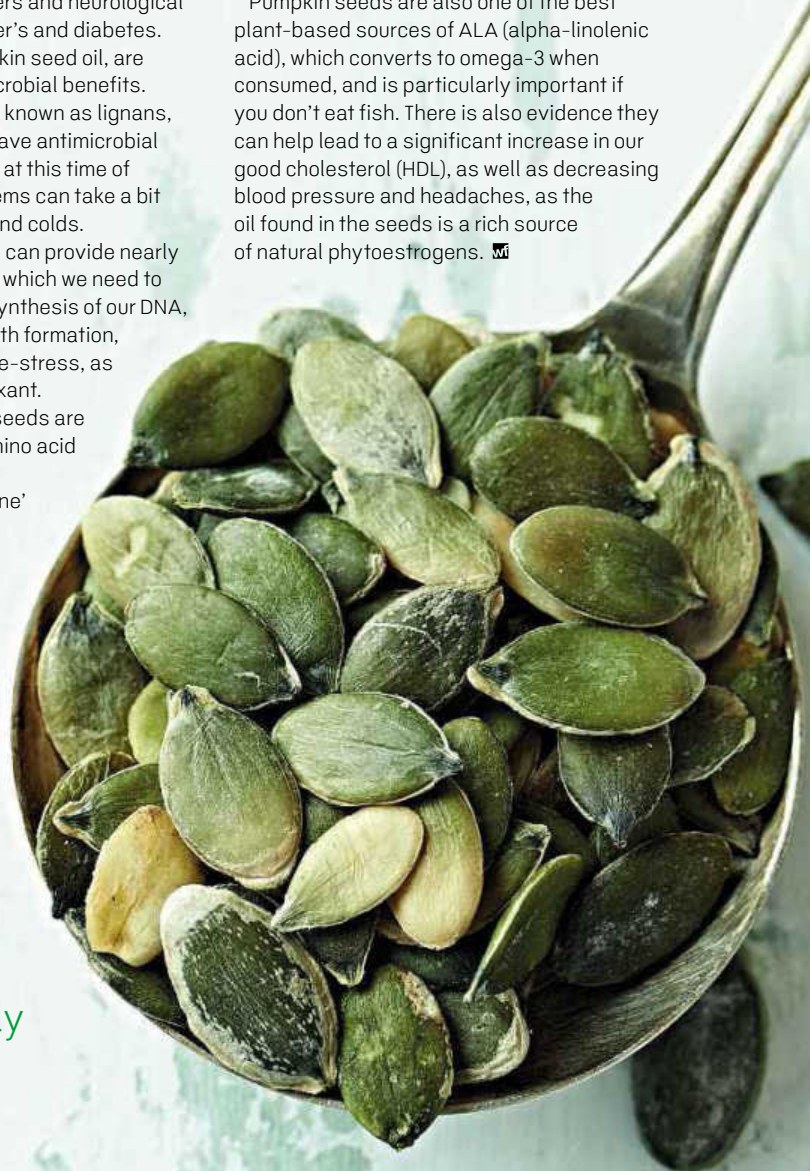
13g fat

5g carbohydrates

1g fibre

7g protein

'Just 35g of pumpkin seeds can provide nearly half of our daily magnesium'



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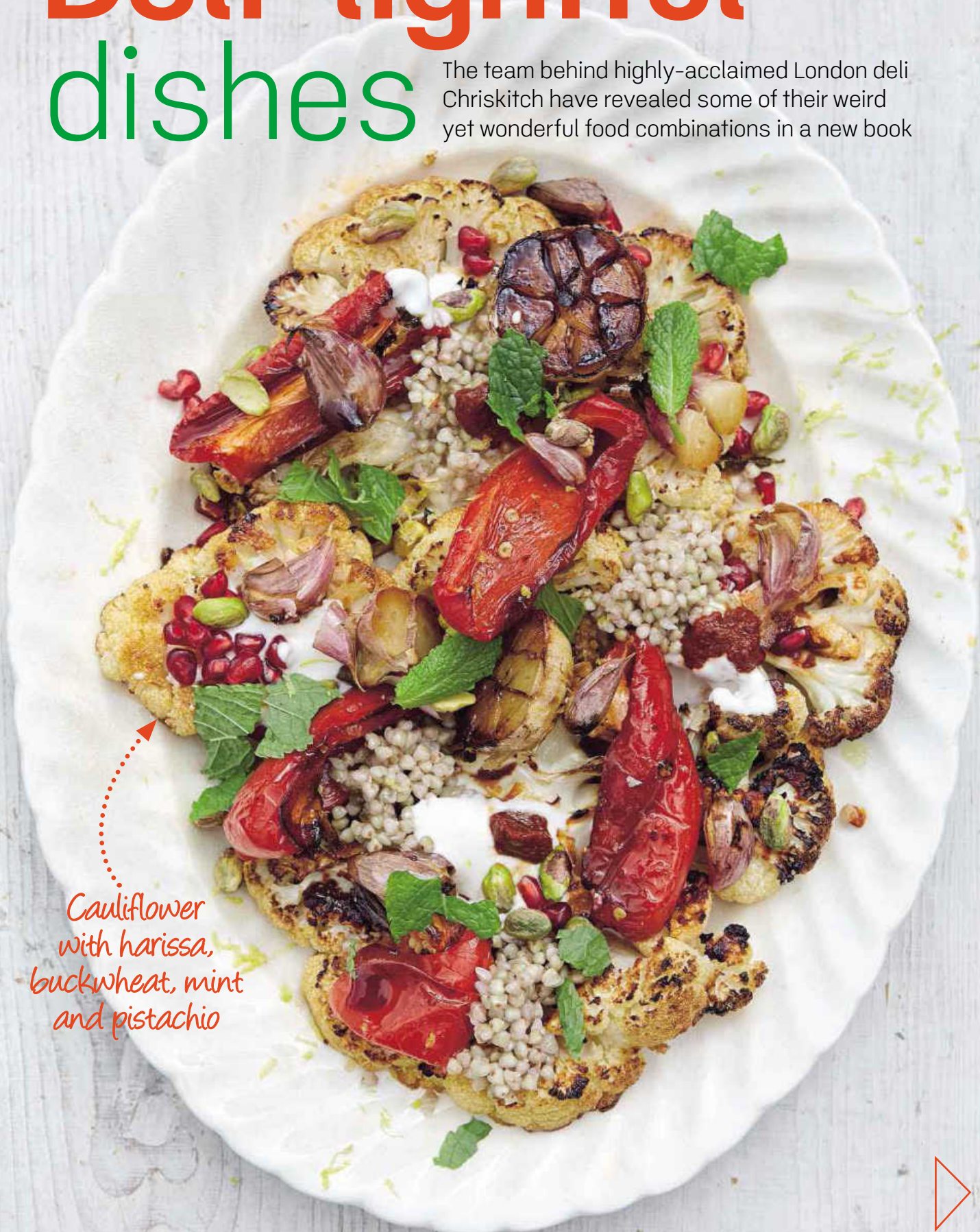
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Deli-lightful dishes

The team behind highly-acclaimed London deli Chriskitch have revealed some of their weird yet wonderful food combinations in a new book



Cauliflower
with harissa,
buckwheat, mint
and pistachio



CAULIFLOWER WITH HARISSA, BUCKWHEAT, MINT AND PISTACHIO

A Moorish-inspired taste combo that involves almost no skill to pull together. All you have to do is roast the cauliflower, place it on a plate and throw everything else on top. A masterpiece of kitchen cheating, the beauty is in the haphazardness.

Serves 10-12

- 3 red peppers, deseeded and sliced
- 1 large cauliflower, cut into 2cm-thick pieces
- 2-3 whole garlic bulbs, halved horizontally, and 6 garlic cloves, bashed
- 1½tbsp extra virgin olive oil
- Salt and freshly ground black pepper
- 125g buckwheat
- 100g natural yoghurt
- Seeds from ½ a pomegranate
- A few sprigs of fresh mint, leaves stripped
- 75g pistachios, roasted

- and then roughly chopped
- Zest and juice of 1 lemon
- 2tbsp harissa

- 1** Preheat the oven to 180°C/fan 160°C/gas mark 4 and then line a baking tray with baking parchment.
- 2** In a mixing bowl, combine the red peppers, cauliflower, garlic and oil and toss very gently to coat evenly. Arrange in a single layer on the baking tray and season. Roast until just charred and tender, for about 20 minutes.
- 3** Meanwhile, cook the buckwheat according to the packet instructions. Drain and set aside until needed.
- 4** Arrange the cooked cauliflower and pepper slices on a large platter. Drizzle over the yoghurt and sprinkle the top with the pomegranate seeds, mint, pistachios and the lemon zest and juice. Add spoonfuls of buckwheat and harissa, and serve.

CHEF'S TIP:

A nice variation here is to use fresh, halved figs in place of the grapes.



BUTTERNUT SQUASH WITH MINT, ROSEMARY AND ALMONDS

An eclectic mix of cooked and raw ingredients that finds butternut squash getting into bed with apples, mint and grapes.

Serves 4-6

- 2 butternut squash
- 100g red rice, cooked and cooled
- 100ml grape molasses

- 2 apples
- Juice of 1 lemon
- 1 small bunch of fresh mint
- A few sprigs of fresh rosemary, leaves stripped and chopped
- 1 small bunch of black grapes, halved
- ½ fresh red chilli, deseeded and thinly sliced
- 150g whole almonds, roasted

- 50g currants
- 100ml extra virgin olive oil
- 100ml Chinese black rice vinegar
- Salt and freshly ground black pepper

- 1** Preheat the oven to 200°C/fan 180°C/gas mark 6 and then line a baking tray with baking parchment.



SALMON WITH CORIANDER, MINT, WALNUTS AND HUMMUS

The inspiration for this came from a recipe I saw for a pasta salad with salmon and hummus. The combination really resonates, because of the Middle Eastern vibe with a sort of wacky Australian-hybrid approach. Ultimately, though, it is a London creation, because it really came together when I first opened Chriskitch. It is a menu standard and a customer favourite. If I had a signature dish, this might be the one.

Serves 10–12

- 4kg boneless, skin-on salmon fillet
- Zest and juice of 1–2 lemons
- 200g fresh coriander, leaves picked
- 120g fresh mint, leaves

- picked and roughly chopped
- 300g walnuts, 'severely' roasted and coarsely chopped (see chef's tip)
- 2tsp sumac
- Seeds from 1 pomegranate
- 180g hummus
- 1 red onion, finely chopped
- 150ml extra virgin olive oil

For the dressing

- 1 garlic clove, finely chopped
- 1tsp salt
- 200g natural yoghurt
- 200ml tahini
- Juice of 3 lemons
- Salt and freshly ground black pepper

1 For the dressing, put the garlic, salt, yoghurt and tahini into a bowl and stir to blend. Add enough lemon juice to thin the mixture to the consistency of pouring cream. Taste and adjust the seasoning. Refrigerate until needed.

2 Preheat the oven to 180°C/fan 160°C/gas mark 4 and then line a baking tray with baking parchment.

3 Place the salmon on the baking tray and roast until almost cooked through – for about 15–20 minutes. Remove from the oven and leave to cool to room temperature.

4 Meanwhile, set aside a small amount of the lemon zest, coriander and mint to decorate. Put the walnuts, lemon juice, remaining zest and herbs, sumac and half the pomegranate seeds into a bowl, mix well and set aside.

5 Put the salmon on a serving platter and pour the dressing over. Then spread over the hummus, then the walnut and herb mixture. Scatter over the reserved herbs, lemon zest and pomegranate seeds, and drizzle over as much oil as you like, to taste. Serve.

2 To prepare the squashes, cut them in half, lengthways, scoop out the seeds with a spoon and then cut into 1cm-thick half-moon slices. Put the squash into a large bowl, then add the cooked rice, grape molasses and toss everything to coat. Arrange in a single layer on the baking tray and roast until tender when pierced with a fork, for about 20–30 minutes.

3 Slice the whole apples into very thin slices and then coat them with the lemon juice, which should help to prevent them discolouring.

4 Put all the ingredients, except a few mint sprigs, into a mixing bowl and toss everything together gently. Mound the mixture onto a serving platter and season. Add the remaining mint sprigs and serve.

CHEF'S TIP

My recipes call for severely roasted nuts and seeds, which means dry-frying them until they are very dark and aromatic, which gives a more pronounced taste. 'Severely' means stopping just short of burning.



BEEF, KAFFIR LIME, CURRY LEAF, POMELO AND CHILLI

Much of the meat cooking we do needs to be make-ahead, so roast beef is a good one, but here is the Chriskitch treatment, which means a good mix of in-your-face herbs and spices with a straightforward cooking method. Because this is a room temperature dish, I serve it with a pomelo salad, which is something that's unexpected and fresh to balance as well as complement the meat.

Serves 4-6

- 1tbsp nigella seeds
- Zest and juice of 4 limes
- 1tbsp garlic granules
- 1tbsp coriander seeds
- 2tbsp fenugreek seeds
- 1tsp fine salt
- ½tsp ground black pepper
- 5g dried kaffir lime leaves

- 5g dried curry leaves
- 3 garlic cloves, bashed and roughly chopped
- 100ml extra virgin olive oil
- 1kg beef fillet, or use a ribeye or sirloin joint
- A few sprigs of fresh basil
- 2 limes, halved, to serve

For the salad

- 1 large pomelo or grapefruit
- 2 red chillies, sliced
- 1 large bunch of fresh coriander, roughly chopped

1 Put the nigella seeds into a small heatproof bowl, pour over boiling water to cover well and leave to soak for at least 30 minutes. Drain and add the lime juice.

2 Preheat the oven to 220°C/fan 200°C/gas mark 7 and line a baking tray with baking parchment.

3 Add the rest of the ingredients, apart from

the beef, lime zest and basil, to the bowl of nigella seeds and mix well. Rub this mixture into the beef, coating it evenly all over. Set aside at room temperature, covered, to marinate for 30 minutes.

4 Uncover, then put the beef on the baking tray and roast in the oven. For medium, cook for 30-35 minutes, and for well-done, cook for 40-45 minutes. Remove from the oven and leave to rest for 15 minutes.

5 Meanwhile, prepare the salad. Segment the pomelo or grapefruit and put into a bowl. Add the lime zest and chillies and then mix well with your hands to combine everything. Set aside.

6 When the meat is cooked, slice and arrange it on a platter with the limes and basil. Serve with the salad.



CHEF'S TIP

If you are going to serve this as part of a buffet, pre-sliced, I recommend cooking it on the well-done side, otherwise the blood leaches out onto the platter and looks unappetising. But if you are serving it straight away, less cooking time is better.



CHIA SEED, HEMP MILK, YOGHURT, BLUEBERRY AND WALNUT

Pastries aside, brunch does not need to be a savoury-only affair. These fruity desserts are packed full of good things. It is very easy to throw together and looks great layered up in small glasses. Pass around extra honey so diners can sweeten to taste.

Serves 4

- 125ml hemp milk, warmed
- 125ml water
- 2 heaped tbsp

- chia seeds
- 1tbsp palm sugar
- 180g Greek yoghurt
- 1-2tbsp honey, plus extra for serving
- 1 small ripe but not overripe banana, sliced
- 125g blueberries
- 50g walnuts, roughly chopped
- 2 heaped tbsp raisins
- Icing sugar, for dusting

1 In a mixing bowl, combine the hemp milk, water and chia seeds and leave to stand for about 30 minutes to soften the seeds.

2 Mix together the sugar, yoghurt and honey. Set aside.

3 To assemble, divide the chia mixture into two bowls. Divide the first bowl of seeds between your glasses, add half the banana slices, blueberries, walnuts and raisins, then spoon a quarter of the yoghurt into each glass. Repeat the chia and banana layers, and top with the remaining blueberries, nuts and raisins.

4 Drizzle with honey, and sprinkle with icing sugar to serve.

WANT MORE IDEAS?


Chriskitch: Big Flavours From A Small Kitchen by Chris Honor and Laura Washburn Hutton, photography by Tamin Jones, published by Mitchell Beazley, £25, octopusbooks.co.uk

This book is available to *Women's Fitness* readers for £17.50, plus free P&P. To order, call 01903 828503, quoting Big/MB629. Offer subject to availability, allow seven days for delivery.



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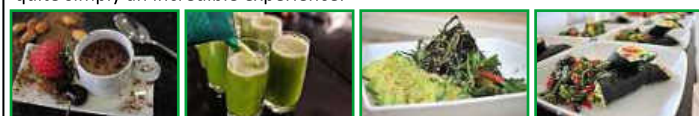
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